

THE
ENGLISH
HOUS-WIFE,

CONTAINING

The inward and outward Vertues which
ought to be in a compleat Woman:

As her skill in Physick, Surgery, Cookery, Extrac-
tion of Oyles, Banquetting stufie, Ordering of great
Feasts, Preserving of all sorts of Wines, conceited Secrets,
Distillations, Perfumes, ordering of Wooll, Hemp, Flax : making
Cloth and Dying, the knowledge of Dayries: Office of Malting :
of Oates, their excellent uses in a Family: of Brewing, Baking,
and all other things belonging to an Houthold.

A Work generally approved, and now the sixth time much
augmented, purged, and made most profitable and necessary
for all men, and the generall good of this
NATION.

By G. M.



LONDON,

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neere Fleet bridge. 1656.

ENGLISH

GRAMMAR

CONTAINING

THE PRINCIPLES OF THE ENGLISH LANGUAGE

AND THE ARTS OF WRITING AND SPEAKING

IN THE ENGLISH LANGUAGE

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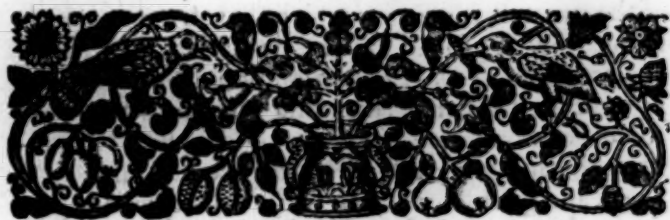
AND THE ARTS OF WRITING AND SPEAKING

IN THE ENGLISH LANGUAGE

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AND THE ARTS OF WRITING AND SPEAKING



TO THE RIGHT
HONOURABLE

And most excellent Lady,
FRANCIS, Countesse Dowager
of *EXETER*.

Howsoever (Right Honourable and most
vertuous Lady) this book may come to
your Noble goodnes clothed in an old
name or garment, yet doubtles (excel-
lent Madam) it is full of many new vertues, which
will ever admire and serve you ; and though it can
adde nothing to your owne rare and unparallelled
knowledge, yet may it to those noble good ones,
(which will indeavour any small spark of your imita-
tion) bring such a light as may make them shine with
a great deal of charity. I doe not assume to my selfe
(though I am not altogether ignorant in ability to
judge of these things) the full intention, and scope of
this whole work: for it is true, great Lady, that much
of it was a Manuscript, which many yeares agoe be-

The Epistle Dedicatory.

longed to an honourable Countesse, one of the greatest Glories of our Kingdome, and were the opinions of the greatest Physitians which then lived ; which being now approved by one not inferior to any of the profession, I was the rather imboldned to send it to your blessed hand, knowing you to be a Mistress so full of honorable piety and goodnesse, that although this imperfect offer may come unto you weak and disable, yet your noble vertue will support it, and make it so strong in the world, that I doubt not but it shall doe service to all those which will serve you, whilst my selfe and my poor prayers shall to my last gasp labour to attend you.

The true admirer of your
Noble vertues,

Gervase Markham.

THE

THE TABLE.

CHAP. I.

T he inward vertues of the	For drunkennesse	ibid
House-wife. page. 2	To quicken witt	page 14
Her garments. pag. 3	For the Kings evil	ibid
Her dyer and generall vertues.	To staunch bleeding	page 14
page. 4	20. 22	
Fewers and their kinds. page.	To draw out bones	14
4. 44.	For the falling of the moulde of	
To make one sweate. page. 7. 9	the head	page 14
A preservative against the	To make teeth white	pag 14
plague pag. 8	For any venome in the ear. page	
A Cordiall against infection	15	
pag. 9	For stinking nostrills	page 15
To draw a plague-botch to any	To make haire grow.	pag. 17
place pag. 9	For a Sauce face	ibid
For the head-ach. pag. 9. 14	For hoarsenesse in the throat.	ibid
For the Frenzie pag. 9	For the Tysick	page 18
For the lethargy pag. 9	For griefe in the stomach. pag 18	
To provoke sleep page 10	For spitting blood	ibid
For the swimming of the head	For vomiting	18. 19
page. 10	For the Iliaca passion	page. 19
For all colds and coughs page.	Additions to the diseases of the	
10. 17	stomack	ibid
For the Palsey pag. 10	For paine in the brest	ibid
For the falling-sicknesse. pag. 11	For the Mother	ibid
To helpe hearing pag. 14	Obstructions in the liver. pag. 19	
For the Rheume pag. 14	For the pleurisie	pag. 22.
For stinking breath. pag 12	For Astich	ibid
For the tooth-ach. pag. 12. 14	For any Consumption.	page 20
For all sore eyes. pag. 13. 14. 16	For the Jaundise	pag. 21
For a Canker pag 13.	Additions to the diseases of the	
For swelling in the month. ibid	liver	ibid
For the squinsey or the squinawc		
ibid	A 3	For

The Table.

For a ring-worme	22	For aptnesse to conceive	ibid
For the Dropſie	22	Additions to womens infirmities	ibid
For the ſpleen	ibid		ibid
For paine in the ſide	ibid	For the ſlowers	ibid
For fauſſe and ſhort breath	ibid	For the Matrix	ibid
Additions to the diſeaſes of the ſpleen	pag. 23	For ſore breatts	pag. 32
For the diſeaſes of the heart.	pag. 23	For women in Childbed.	pag. 32
For the wind Collick.	pag. 23 25	For the Morpheu	ibid
For a laſk	pag. 23	For the Gout	ibid
For the bloody flux	24. 25	For the Sciatica	pag. 33
For Coſtivenesſ	pag. 24	For the ſtinging of venomous beaſts	33. 38
For wormes	ibid	For ſweld legs	pag. 33
Additions to the diſeaſes in the belly	pag. 25	For old and new ſores.	pag. 33.
Hardneſſe of the belly.	ibid	For ſcabs and itch.	pag. 34. & 39
For the ſtopping of the womb.	page 26	For the Leproſie	pag. 34
For the Rupture	ibid	For pimples	ibid
For the Stone.	pag. 26, 27, 28	Privie parts burnt	35
To help vertue	pag. 27	For any burning.	page 35. 36. & 37
For the Stranguillion.	pag. 28	For ſcalding	pag. 35
Additions to the diſeaſes of the reines	pag. 29	To eat away dead fleſh.	pag. 35
For the Gonorrhoea	ibid		37
For weakneſſe in the back.	ibid	For ſinews cut or ſhrunk.	pag. 36
For the Hemorrhoids	ibid	To breake an impoſtume.	pag. 36
For the falling of the Fundament	page 30	For a Ring-worme.	pag. 38
Additions to the diſeaſes of the privie parts	30	To take away ſcars of the ſmall pox.	pag. 39
For the green-ſickeſſe	ibid	For the french pox.	pag. 39
To increaſe womens milke.	ibid	Additions to green wounds.	pag. 40. 41.
To dry up milk	pag. 31	For pricking with a thorne.	pag. 41.
For eaſe in child-bearing.	ibid	Additions for aches & ſwellings	pag. 41.
For the dead child	ibid	For paine in joynts	pag. 42
		Additions	

The Table.

<i>Additions to grieve in the bones</i>	<i>To make Dr. Stevens water.</i>	<i>ibid</i>
42, 43	<i>To make Rosa solis</i>	p. 46
<i>A bath to cleare the skin.</i>	<i>Additions to oyles</i>	p. 47
pag. 43	<i>To make Oyle of Roses or Violets</i>	pag. 47
<i>The oyle of swallows.</i>	<i>Oyle of Nutmegs</i>	<i>ibid</i>
pag. 44	<i>Oyle of Spike</i>	48
<i>Oyle of Camomile.</i>	<i>Oyle of Mastick</i>	pag. 48
pag. 45		
<i>Oyle of Lavender</i>		
page. 45		
<i>To make smooth hands.</i>		
pag. 45		

CHAP. 2.

T <i>He outward and active knowledge of the Housewife</i>	<i>Ordering of meats to be roasted.</i>	page. 66
pag. 49	<i>Sauces of all kinds</i>	pag. 67, 68
<i>Knowledge of hearbs</i>	<i>Additions to Sauces</i>	pag. 69
<i>ibid</i>	<i>Of Carbonadoes</i>	p. 70
<i>Skill in Gardens</i>	<i>Additions to Carbonadoes.</i>	p. 71
p. 50	<i>Dressing of fish</i>	pag. 72
<i>Skill in Cookery</i>	<i>Of the pastery and bake meats.</i>	73
p. 51	<i>Mixture of pastes</i>	p. 74
<i>Of sallets simple and compound.</i>	<i>Of puff-pasts</i>	p. 74
pag. 55 53-54	<i>Additions to the pastery.</i>	p. 77, 78,
<i>Of fraises of all kinds.</i>		79. &c.
pag. 45-47	<i>To recover Venison tainted.</i>	p. 80
<i>Of Quelquechofes</i>	<i>To preserve Quinces to bake.</i>	pag. 82
p. 58		
<i>Additions to Cookery</i>	<i>Of Tarts</i>	p. 82, to 87.
p. 85	<i>Of White-pors</i>	pag. 87
<i>Puddings of all kinds.</i>	<i>Of banquetting stufte of all</i>	
p. 58 59. 60	<i>kindes</i>	87, 88, &c.
<i>Boyled meats of all kinds.</i>	<i>Of divers waters</i>	p. 99
pag. 61	<i>To make any Conserve</i>	93
to 65	<i>Additions to Banquetting-stuffe</i>	p. 95
<i>The Oleopothrigo.</i>		p. 95
pag. 63	<i>To make Ipocras</i>	p. 97
<i>Additions to boyled meates.</i>	<i>To candy any thing</i>	p. 97
pag. 66	<i>Ordering of banquets.</i>	p. 97
<i>Roast meats of all kinds.</i>	<i>Ordering of great feasts.</i>	pag. 98
page. 68		
&c.		
<i>Observations in Roastmentes,</i>		
pag. 61		
<i>Spitting of meates</i>		
page 61		
<i>Temperature of fire</i>		
pag. 61		
<i>Complexion of meats</i>		
61		
<i>Basting of meats</i>		
61		
<i>To know when meats are enough</i>		
pag. 62		

CHAP.

The Table

CHAP. 3.	
OF Distillations, and their Overturnes, from page 107 to 109	To make Pomanders. p. 109 To make Vinegar. page 110 To make verjuice ibid. Additions to concealed secrets, ibi
The vertues of several waters. p ibi	To perfume Glöves 111
Of perfuming 100 109	

CHAP. 4.

THE ordering, preserving, and helping of all sort of Wines. pag 112. to 121	Of gaging p. 118 To choose Wines pag 117
---	---

CHAP. 5.

OF Wooll, Hemp, flaxe, Cloth and dying of all Colours,	from page 122 to 140
---	----------------------

CHAP. 6.

OF Dairies, butter, Cheese	from page 140. to 153
----------------------------	-----------------------

CHAP. 7.

THE Office of the Malt- ster, the Secrets and know- ledge thereof	page 153 to 175
---	-----------------

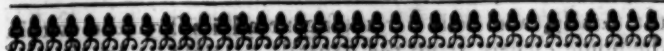
CHAP. 8.

THE excellency of Oates, the vertues and uses thereof,	from pag 175 to 181
---	---------------------

CHAP. 9.

THE Office of the Brew- house, and the Bake- house, and their uses, from	page 181 to the end. To make Perry and Cider, page 184
--	---

THE.



THE APPROVED
BOOKE
 CALLED THE
ENGLISH HOUSE-WIFE,

CONTAINING
*All the vertuous knowledges and actions both of minde and
 body, which ought to be in any compleat House-wife
 of what degree or calling sever.*

The Second Book.

CHAP. I.

*Of the inward vertues of the mind, which ought to be in every
 House-wife. And first of her general knowledges both in Physick
 and Surgery, with plain approved medicines for health of the
 Household; also the extraction of excellent Oyles fit for those
 purposes.*



aving already in a summary briefness pas-
 sed through those outward parts of Hus-
 bandry which belong unto the perfect
 Husbandman, who is the Father and
 Master of the Family, and whose Office
 and employments are ever for the most
 part abroad, or removed from the house, as
 in the field or yard: It is now meet, that
 we descend in as orderly a Method as we can, to the office
 of our English House-wife, who is the Mother and Mistresse of

B

the

the family, and hath her most generall employments within the house; where from the generall example of her vertues, and the most approved skil of her knowledges those of her Family may both learn to serve God, and sustain man in that godly and profitable sort, which is required of every true Christian.

A Huswife
must be reli-
gious.

First then to speak of the inward vertues of her mind, she ought, above all things, to be of an upright and sincere religion, and in the same both zealous and constant, giving by her example, an incitement and spur, unto all her family to pursue the same steps, and to utter forth by the instruction of her life, those vertuous fruits of good living, which shall be pleasing both to God and his creatures. I doe not mean that herein she should utter forth that violence of Spirit, which many of our (vainly accounted pure) women doe, drawing a contempt to the ordinary Ministry, and thinking nothing lawfull but the fantasies of their owne invention, usurping to themselves a power of preaching and interpreting the holy word, to which onely they ought to be but hearers and believers, or at the most but modest perswaders; this is not the office either of good house-wife, or good woman. But let your English House-wife be a godly, constant, and religious woman, learning from the worthy Preacher and her husband, those good examples which she shall with all carefull diligence see exercised amongst her servants.

She must be
temperate.

In which practise of hers, what particular rules are to be observed I leave her to learn of them who are professed Divines, and have purposely written of this argument; only thus much will I say, which each ones experience will teach him to be true, that the more carefull the master and mistress are to bring up their servants in the daily exercises of Religion toward God, the more faithfull they should find them in all their businesses towards men, and procure Gods favour the more plentifully on all the household: and therefore a small time, morning and evening bestowed in prayers and other exercises of religion, will prove no lost time at the weekes end.

Next unto her sanctity and holinesse of life, it is meete that

that our English Houſ-wife be a woman of great modeſty and temperance, as well inwardly as outwardly; inwardly, as in her behaviour and carriage towards her husband, wherein ſhe ſhall ſhun all violence of rage, paſſion and humour, cove-
ting leſs to direct then to be directed, appearing ever unto him pleaſant, amiable, and delightfull: and, though occaſion of miſhap, or the miſgovernment of his will may induce her to contrary thoughts, yet vertuoſly to ſuppreſs them, and with a mild ſufferance rather to call him home from his error, then with the ſtrength of anger to abate the leaſt ſpark of his evil, calling into her mind that, evill & uncomely language is de-
formed though uttered even to ſervants, but moſt monſtrous and ugly when it appears before the preſence of a hus-
band: Outwardly, as in her apparrell and diet, both which ſhe ſhal proportion according to the competency of her husbands eſtate and calling, making her circle rather ſtrait then large: for it is a rule, if we extend to the uttermoſt, we take away in-
crease; if we go a hairs breadth beyond, we enter into con-
ſumption: but if we preſerve any part, we build ſtrong ſorts againſt the adverſaries of fortune, provided that ſuch preſer-
vation be honeſt and conſcionable: for as laſh prodigality is brutiſh, ſo miſerable coyetoſneſs is helliſh. Let therefore the Houſ-wives garments be comely and ſtrong, made aſwell to preſerve the health, as adorn the perſon, altogether without toyiſh garniſhes, or the gloſs of light colours, and as far from the vanity of new and fantaſtick faſhions, as neer to the comely imitation of modeſt Matrons. Let her diet be wholeſome and cleanly, prepared at due hours, and Cookt with care and diligence, let it be rather to ſatiſſie nature, then our affecti-
ons, and apter to kill hunger then revive new appetites; let it proceed more from the proviſion of her own yard, then the furniture of the Markets; and let it be rather eſteemed for the familiar acquaintance ſhe hath with it, then for the ſtrange-
neſs and rarity it bringeth from other Countries.

To conclude, our English Houſ-wife muſt be of chaſte thought ſtout courage, patient, untired, watchful, diligent, witty, plea-
ſant, conſtant in friendſhip, full of good Neighbour-hood, wiſe in Diſcourſe, but not frequent therein, ſharp and quick

Other Gar-
ments.

Of her Diet.

Her generall
Verues.

of speech, but not bitter or talkative, secret in her affaires, comfortable in her counsels, and generally skilfull in the worthy knowledges which do belong to her Vocation; of all, or most whereof, I now in the ensuing discourse intend to speak more largely.

OF which do belong to our English House-wife; you shall understand, that sith the preservation and care of the family touching their health and soundness of body consisteth most in the diligence of her, it is meet that she have a physicall kind of knowledge, how to administer many wholsom receipts or medicines for the good of their healths, as well to prevent the first occasion of sickness, as to take away the effects and evill of the same, when it hath made seisure on the body. Indeed we must confesse that the depth and secrets of this most excellent Art of Physick, are far beyond the capacity of the most skilfull woman, as lodging onely in the breast of learned professors, yet that our House-wife may from them receive some ordinary rules and medicines, which may avail for the benefit of her Family, is (in our common experience) no derogation at all to that worthy Art. Neither do I intend here to load her mind with all the Symptomes, accidents, & effects which go before or after every sickness, as though I would have her to assume the name of a Practitioner, but only relate unto her some approved medicines, and old doctrines which have been gathered together, by two excellent & famous Physicians & in a Manuscript given to a great worthy Countesse of this Land, (for far be it from me to attribute this goodness unto mine own knowledge) and delivered by my common and ordinary experience, for the curing of those ordinary sicknesses which daily perturb the health of men and women.

Dr. Burker.
Dr. Bomelius.

Of Fevers, in
general.

First then to speak of Feavers or Agues; the House-wife shall know those kinds thereof, which are most familiar & ordinary, as the *Quotidian* or daily ague, the *Tertian* or every other days ague, the *Quartan* or every third days ague, the *Pestilent*, which keepeth no order in his fits, but is more dangerous and mortal: and lastly, the accidentall Fever, which proceedeth from the receipt of some wound, or other painfull Perturbation

of.

of the spirits. There be sundry other Feavers, which comming from Consumptions, and other long continued sicknesses, doe altogether surpass our Hus-wives capacity.

First then for the *Quotidian*, (whose fits alwaies last above twelae hours) you shall take a new laid egge, and opening the crown you shall put over the white, then fill up the shell with good *Aquaviva*, and stir it and the yolk very well together, and then as soon as you feel your cold fit begin to come upon you, sup up the egge, and either labour till you sweat, or else laying great store of cloaths upon you put your selfe in a sweat in your bed, and thus do while your fits continue; and for your drink let it be only posset ale.

Of the quotidian.

For a single *Tertian* fever, or each other dayes ague, take a quart of posset ale, the curd being well drained from the same, and put therein a good handfull of *Dandelion*; and then setting it upon the fire, boile it till a fourth part be consumed, then as soon as your cold fit beginneth, drink a good draught thereof, and then either labour till you sweat, or else force your self to sweat in your bed; but labour is much the better, provided that you take not cold after it, and thus do while your fits continue, and in all your sickness let your drink be posset ale, thus boyled with the same hearb.

Of the single Tertian.

For the accidentall Fever which commeth by means of some dangerous wound received, although for the most part it is an ill signe, if it be strong and continuing, yet many times it abateth, and the party recovereth when the wound is wel tended and comforted with such soveraign balmes, and hot oyles as are most fit to be applied to the member so grieved or injured: therefore in this Fever you must respect the wound from whence the accident doth proceed, and as it recovereth so you shall see the fever wane and diminish.

Of the accidentall Fever.

For the *Hectique* fever, which is also a very a dangerous sickness, you shall take the Oyl of Violets, and mixe it with a good quantity of the powder of white *Poppy-seede* finely seast, and therewith annoint the small and reines of the parties back, evening and morning, and it will not onely give ease to the Fever, but also purge and cleanse away the dry scalings, which is ingendred either by this, or any other fever what ever.

Of the Fever hectique.

For the quar-
tan or for any
fever.

For any fever whatsoever, whose fit beginneth with a cold, Take a spoonfull and a halfe of Dragon water, a spoonfull of Rosewater, a spoonfull of running water, a spoonfull of *Aquavite*, a spoonfull of Vinegar, and half a spoonfull of *Mithridate* or lesse, and beat all these well together, and let the party drink it before his fit begin.

Of thirst in
fevers.

It is to be understood, that all fevers of what kinde soever they be, and these infectious diseases, as the Pestilence, Plague, and such like, are thought the inflammation of the blood, and infinitely much subiect to drought; so that, should the party drink so much as he desired, neither could his body containe it, nor could the great abundance of drink doe other then weaken his stomacke, and bring his body to certaine destruction.

Wherefore when any man is so overpressed with desire of drink, you shall give him at convenient times either posset ale made with cold herbs, as sorrell, purslin, Violet leaves, Lettice, Spinnage, and such like, or else a Julip made as hereafter in the pestilent fever, or some Almond milk; and betwixt those times, because the use of these drinks will grow wearisome and loathsome to the patient, you shall suffer him to gargle in his mouth good wholsom beer or ale, which the patient best liketh, and having gargled it in his mouth, to spit it out again, and then to take more, and thus to do as oft as he pleaseth, till his mouth be cooled: provided, that by no meanes he suffer any of the drink to goe downe, and this will much better asswage the heat of his thirst then if he did drink; and when appetite desireth drink to goe downe, then let him take either his Julip or his almond milk.

For any ague
fore.

To make a pultis to cure any ague-fore, take elder leaves and seeth them in milk till they be soft, then take them up and strain them, and then boyl it again till it be thick, and so use it to the fore as occasion shall serve.

The quartane
Fever.

For the Quartan Fever or third day ague, which is of all Fevers the longest lasting, and many times dangerous; Consumptions, black Jaundise, and such like mortall sicknesses follow it: you shall take *Mithridate* and spread it upon a Lymon slice, cut of a reasonable thicknesse, and so as the Lymon
be

be covered with the Mithridate; then bind it to the pulse of the sick mans wrist of his arm, about an hour before his fit doth begin, & then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if he can force himself to sweat, which if he doe, then half an hour after he hath sweat, he shall take hot posset -ale brewed with a little Mithridate, and drink a good draught thereof, and rest till his fit be passed over: but if he be hard to sweat, then, with the said posset -ale also you shall mix a few bruised Anise-seeds, and that will bring sweat upon him: and thus you shall do every fit, till they begin to cease, or that sweat come naturally of its own accord, which is a true and manifest sign that the sickness decreaseth.

To make an sweat.

For the Pestilent Fever which is a continuall sickness full of infection and mortality, you shall cause the party first to be let blood if his strength will bear it: then you shall give him cool Julips made of Endive or Succory water, or the sirrop of Violets, conserve of Barberies, and the juice of Lymons wel mixed and symbolized together.

The pestilent Fever.

Also you shall give him to drink Almond milk, made with the decoction of cool hearbs, as Violet leaves, strawberry leaves, french mallows, purslane, and such like; and if the parties mouth shall through the heat of his stomach, or liver inflame or grow sore, you shall wash it with the sirrop of Mulberies; and that will not only heal it, but also strengthen his stomach. If (as it is most common in this sickness) the party shall grow cöttive, you shall give him a suppository made of honey, boyl'd to the hight of hardness, which you shall know by cooling a drop thereof, and so if you find it hard you shall then know that the honey is boyl'd sufficiently; then put salt to it, and so put it in water, and work it into a roul in manner of a suppository, and administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength soever he be: during his sickness you shall keep him from all manner of strong drinks, or hot spices, and then there is no doubt of his recovery.

To preserve your body from the infection of the plague, you shall take a quart of old ale, and after it hath risen upon

A preservation against the plague.

the fire, and hath been scummed, you shall put therein of *Aristoloch alonga*, of *Angelica*, and of *Celandine*, of each half a handfull, and boyl them well therein; then straine the drink through a clean cloath, and dissolve therein a dram of the best *Mithridate*, as much *Ivory* finely powdered and scarft, and six spoonfulls of *Dragon water* then put it up in a close glasse; and every morning fasting, take five spoonfulls thereof, and after bite and chaw in your mouth the dried root of *Angelica*, or smell on a nose-gay made of the tassell end of a ship rope, and they will surely preserve you from infection.

For infection of the plague. But if you be infected with the plague, and feel the assured signes thereof, as pain in the head, drought, burning, weakness of stomack, & such like: Then you shall take a dram of the best *Mithridate*; and dissolve it in three or four spoonfulls of *Dragon water*, and immediatly drink it off, and then with hot cloaths or bricks made extream hot, and laid to the soles of your feet, after you have been wrapt in woollen cloaths, compel your selfe to sweat, which if you do, keep your self moderately therein til the sore begin to rise; then to the same apply a live Pidgeon cut in two parts, or else a plaister made of the yolk of an egg, Hony, hearb of grace chopt exceeding smal, & wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two you shall apply a plaister of *Milelos* unto it, untill it be whole.

For the Pestilence. Take *Fetherfew*, *Malef-lor*, *Scabious*, and *Mugwort*, of each a like, bruise them and mixe them with old ale, and let the sick drink thereof six spoonfulls, and it will expell the corruption.

Another. Take *Tarrow*, *Tansie*, *Fetherfew* of each a handfull, and bruise them well together, then let the sick party make water in the herbes, then straine them, and give it the sick to drink.

A preservation against the pestilence. Take of *Sage*, *Rue*, *Brier leaves*, or *Elderleaves*, of each an handfull, stamp them and straine them with a quart of white wine and put thereto a little *Ginger*, and a good spoonfull of the best *Treacle*. and drink thereof morning and evening.

Take.

Take *Smalledge, Mallowes, Wormwood* and *Rue*, stamp them well together, and fry them in *oyl Olive*, till they be thick, plaister-wise apply it to the place where you would have it rise, and let it lye untill it break, then to heal it up, take the juyce of *Smallege, What flower*, and milk, and boyl them to a pulvis, and apply it morning and evening till it be whole.

How to draw
the Plague
down to
any place you
will.

Take of *Ruysage, Langlebeef, and Calamint*, of each a good handfull, of *Harris tongue, Red mint, Violets*, and *M.igold*, of each half a handfull, boyl them in white wine or fair running water, then add a penny worth of the best *Saffron*, and as much *Sugar*, and boyl them over again well, then strain it into an earthen pot, and drink thereof morning and evening, to the quantity of seven spoonfulls.

A Cordial for
any infection
at the heart.

Take *Linseed* and *Lettice*, and bruise it well, then apply it to the stomack, and remove it once in four hours.

Against too vi-
olent swearing

For the *Head-ach*, you shall take of *Rose-water*, of the juyce of *Camomil*, of *womans milk*, of strong wine vinegar, of each two spoonfulls, mixe them together well upon a chaffing dish of coales: then take of a piece of a dry rose-cake and steep in therein, and as soon as it hath drunk up the liquor and is thoroughly hot, take a couple of sound *Nutmegs*, grated to powder, and strew them upon the rose-cake: then breaking it into two parts, bind it on each side, upon the temples of the head, so let the party lye downe to rest, and the paine will in a short space be taken from him.

For the head-
ach.

For *Frenzie*, or inflammation of the caules of the brain, you shal cause the juyce of *Beets* to be with a Syringe squirted up into the patients nostrils, which will purge and cleanse his head exceedingly; and then give him to drink posset ale, in which *Violet* leaves and *Lettice* hath been boyled, and it will suddenly bring him to a very temperate mildness, and make the passion of Frenzie forsake him.

For the Fren-
zy.

For the *Lethargie* or extream drowyness, you shall by all violent meanes, either by noise or other disturbances, force perforce keep the party from sleeping; and whensoever he calleth for drink, you shall give him white wine and *Ilop* water, of each a litle quantity mixt together, and not suffer him to sleep

For the le-
thargy.

sleep above four hours in four and twenty, till he come to his former wakefulness, which as soon as he hath recovered, you shall then forthwith purge his head with the juyce of *Beets* squirted up into his nostrils, as it is before shewed.

To provoke
sleep.

But if any of the family be troubled with too much watchfulness, so that they cannot by any meanes take rest, then to provoke the party to sleep, you shall take of *Saffron* a Dram dried, and beaten to powder, and as much *Lettice seed* also dried and beaten to powder, and twice as much *Poppy seed* beaten also to powder, and mixe these with womans milk till it be a thick salve, and then bind it to the temples of the head, and it will soon cause the party to sleep; and let it lye on not above four houres.

For the swimming of the
head.

For the swimming or dizzing in the head, you shall take of *Agnes castus*, of *Broomer wort*, and of *Camomile* dried, of each two drammes mixt with the juyce of *Ivie*, oil of *Roses*, and white wine, of each alike quantity, til it come to a thick salve, and then bind it to the temples of the head, and it will in short space take away the grief.

For the palsie.

For the Apoplexie or palsie, the strong sent or smell of a *Fox* is exceeding soveraign, or to drink every morning half a pint of the decoction of *Lavendar*, and to rub the head every morning and evening exceeding hard with a very clean course cloath, whereby the humors may be dissolved and dispersed into the outward parts of the body: by all meanes for this infirmity keep your feet safe from cold or wet, and also the nape of your neck; for from those parts it first getteth the strength of evill and unavoidable pains.

For a new
cough.

For a cough or cold but lately taken, you shal take a spoonfull of *Sugar* finely beaten and serft, and drop into it of the best *Aquavivæ*, until all the *Sugar* be wet through, and can receive no more moisture: then being ready to lye down to rest, take and swallow the spoonfull of *Sugar* down, and so cover you warm in your bed, and it will soon break and dissolve the cold. But if the cough be more old and inveterate, and more inwardly fixt to the lungs, take of the powder of *Bettony*, of the powder of *Carraway seeds*, of the powder of *Shervic* dried, of the powder of *Hounds tongue*, and of *pepper* finely

For an old
cough.

beaten

beaten of each two drams, and mingle them well with clarified *hony*; make an electuary thereof and drink it morning and evening for 9 dayes together; then take of *sugar-candy* coarsly beaten, an ounce of *Licorae* finely pared and trimmed, and cut into very little small slices, as much of *Aviseeds*; and *Coriander-seeds*, halfe an ounce, mixe all these together and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can hold between your thumbes and fingers and eat it, and it will glve ease to your grief; and in the night when the cough taketh you, take of the juyce of *lycorae* as much as two good barley corns, and let it melt in your mouth, and it will give you ease.

For the falling sickness.

Althoough the falling sicknesse be seldome or never to be cured, yet if the party which is troubled with the same, will but morning and evening, during the wane of the moone, or when she is in the sign *Vergo*, eate the Berries of the hearb *Asterton*, or bear the hearbs about him next to his bare skin, it is likely he shall find much ease and fall very seldome, though this medicine be somewhat doubtfull.

For the falling evill.

For the falling-evill; take, if it be a man, a female *mole*; if a woman, a male *mole*, and take them in *March*, or else *Aprill*, when they goe to the Buck: Then dry it in an oven, and make powder of it whole as you take it out of the earth, then give the sick person of the powder to drink evening and morning for 9 or 10 daies together.

To take away deafnesse, take a gray Eele with a white belly and put her into a sweet earthen pot quick, and stop the pot very close with an earthen cover, or some such hard substance: then dig a deep hole in a horse dunghill, and set it therein, and cover it with the dung, and so let it remain a fortnight, and then take it out and clear out the oyl which will come of it, and drop it into the imperfect eare, or both, if both be imperfect.

An Oyl to help hearing

To stay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder: then take bay-salt and dry it, and beat it to powder, and take a Nutmeg and grate it, and mixe them all together, and put them in a long linnen bag then heat it upon a tile stone and lay it to the nape of the neck.

For the Rhume.

For

For a stinking
breath.

For a stinking breath, take Oak buds when they are new bud-
ded out and distil them, then let the party grieved nine mor-
nings, and nine evenings drink of it; then forbear a while, and af-
ter take it again.

A vomit for
an ill breath.

To make a vomit for a strong stinking breath, you must
take of *Antimonium* the weight of three barley corns, and beat
it very small, and mixe it with conserve of Roses, and give the
Patient to eat in the morning, then let him take nine dayes
together the juyce of Mints and Sage, then give him a gentle
purgation, and let him use the juyce of Mint and Sage longer
This medicine must be given in the spring of the year; but if
the infirmity come for want of digestion in stomack, then
take *Mints*, *Marjoram*, and *Wormwood* and chop them small, and
boyl them in *Malmsey* till it be thick, and make a plaister of it, &
lay it to the stomack.

For the Tooth-
ach.

For the *Tooth-ach*, take a handfull of *Daifc-roots*, and wash
them very clean, and dry them with a cloath, and then stamp
them: and when you have stamped them a good while, take
the quantity of half a nut-shell full of bay-salt, and strew it a-
mongst the roots, and then when they are very well beaten,
strain them through a clean cloath; then grate some *Calamus*
Aromaticus, and mix it good and stiff with the juyce of the roots,
and when you have done so, put it into a quill, and snuff it up
into your nose, and you shall find ease.

Another.

Another for the *Tooth-ach*, take small *Sage*, *Rue*, *Smallage*,
Fetherfew, *Worm-wood*, and *Mints*, of each of them half a hand-
full, then stamp them well all together, putting there-
to four drams of *Vinegar*, and one dram of *Bay-salt*, with a
penny worth of good *Aquaviva*, stir them all well together;
then put it between two linnen clouts of the bignesse of your
cheek, temples and jaw, and quile it in a manner of a coorse
imbroidery: then set it upon a chafing dish of coales, and as
hot as you may abide it, lay it over the side where the pain is
and lay you down upon that side, and as it cooles warme it,
again, or else have another ready warm to lay on.

A drink for a
pearl in the
eye.

To make a drinke to destroy any pearly or film in the eye: take
a good handfull of Marigold plants, and a handfull of Fennel, as
much of *May-weed*, beat the together, then strain them with a pint
of

of beer, then put it in into a pot and stop it close, that the strength may not go out; then let the offended party drink thereof when he is in bed, and lye of that side on which the pearl is, and likewise drink of it in the morning next his heart when he is risen.

For pain in the eyes take Milk when it comes new from the Cow, and having filled it into a clean vessell, cover it with the eyes. For pain in the eyes.
a pewter dish, and the next morning take off the dish, and you shall see a dew upon the same, with that dew wash the pained eyes and it will ease them.

For dim eyes, take Wormwood beaten with the gall of a Bull; and then strain it, and anoint the eyes therewith, and it will clear them exceedingly. For dim eyes.

For sore eyes, or blood-shot eyes: take the white of an egge beaten to oyl, as much Rose-water, and as much of the juice of House-leek, mixe them well together, then dip flats, pleagants therein, & lay them upon the sore eyes, and as they dry, so renew them again and wet them; and thus do, till the eyes be well. For sore eyes.

For Watery eyes take the juice of *Affodill*, *Mirrhe*, and *Saffron* of each a little, and mixe it with twice so much white wine, then boyl it over the fire, then strain it and wash the eye therewith, and it is a present help. For watery eyes.

For a canker, or any sore mouth: take *Chervile* and beat it to a salve with old Ale and *Allum* water, and anoint the sore therewith, and it will cure it. For a canker.

For any swelling in the mouth, take the juice of worm-wood, *Cammomil*, and *Shirwitt*, and mixe them with hony, and bath the swelling therewith, and it will cure it. A swelled mouth.

For the *Quinsie* or *Squinancie*, give the party to drink the herb *Mouf-care* steeped in Ale or beer and look where you see a Swine rub himself, and there upon the same place rub a sleight stone, and then with it sleight all the swelling, and it will cure it. For the quinsie.

If you would not be drunk, take the powder of *Betony* and *Coleworts* mixt together, & eat it every morning fasting, as much as will ly upon a sixpence, and it will preserve a man from drunkenness. Against drunkenness.

To quicken
the wit.

To quicken a mans wits, ſpirit and memory; let him take *Langdeheef*, which is gathered in *June* or *July*, and beating it in a clean mortar, let him drink the juice thereof with warm water, and he ſhall find the benefit.

For the Kings
Evill.

If a man be troubled with the *Kings evill*, let him take the red *Dock*, and ſeeth it in wine till it be very tender, then ſtrain it and ſo drink a good draught thereof, & he ſhall find great eaſe from the ſame: eſpecially if he do continue the uſe thereof.

Additions to
the particular
ſickneſſes; and
fiſt of the
head and the
parts thereof,
and the lungs.

Take *Frankincenſe*, *Doves dung*, and *Wheat-flower*, of each an ounce and mixe them well with the white of an egge, then plaſterwiſe apply it where the pain is.

The oyl of *Lillies*, if the head be anointed therewith, is good for any pain therein.

Another.

Take *Rew*, and ſteep it in *Vinegar* a day and a night, the *Rew* being well bruifed; then with the ſame anoint the head twice or thrice a day.

For the head-
ach, & to ſtay
bleeding at
the Noſe.

Take the white of an egg and beat it to oyl, then put it to *Roſewater*, and the powder of *Alabaſter*; then take flaxe and dip it therein, and lay it to the temples, and renew it two or three times a day.

To draw our
bones broken
in the head.
For the fal-
ling of the
mould of the
head.

Take *Agrimony* and bruife it, and plaſter-wiſe apply it in to the wound, and let the party drink the juyce of *Betony*, and it will expell the bones and heal the wound.

The Squinan-
cy.

Take the leaves of *Agrimony*, and boil them in honey, till it be thick like a plaſter, and then apply it to the wound of the head warm.

Take a table-napkin, or any linnen cloath, and wet it in cold water, and when you go to bed apply it to the ſwellings, and lie upright; thus do three or four times in a night, till the ſwelling waſte.

The toothake.

Take two or three *Dock* roots, & as many *Daiſie* rootes, and boil them in water till they be ſoft, then take them out of the water, and boil them well over again in *Oyl Olive*, then ſtrain them through a clean cloth, and anoint the pained tooth therewith, and keep your mouth cloſe, and it will not onely take away the pain, but alſo eaſe any megrim or grief in the head.

To make teeth
white.

Take a ſawcer of ſtrong vinegar, and two ſpoonfulls of the powder

powder of *Rech-ellame*, a ſpoonfull of white ſalt, and a ſpoonfull of hony: ſeeth all theſe till be it as thin as water, then put it into a cloſe vial and keep it, and when occaſion ſerves waſh your teeth therewith, with a rough cloath, and rub them ſoundly, but not to bleed,

Take ſome of the green of the Elder tree, or the apples of Oak trees, and with either of theſe rub the teeth and gums, and it will looſen them ſo, as you may take them out. To draw teeth without iron.

Take Sage and ſalt, of each alike, and ſtamp them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evenings and mornings, and it will take away all yellowneſs. Teeth that are yellow.

Fiſt let them bleed, then take *Harts-horn* or *Ivory*, and red *pimpernel*, and bruife them well together; then put it into a linnen cloath, and lay it to the teeth, and it will faſten them. For teeth that are looſe.

Take the juyce of *Louage*, and drop it into the ear, and it will cure any venome, and kill any worme, carewig, or other vermine. For any venome in the ear.

Take two ounces of *Cymine*, and beat in a mortar to fine powder; then boyl it in white wine from a pottle to a quart, then drink thereof morning and evening as hot as you can ſuffer: or otherwiſe take an ounce of wild *yme*, and bring cleane waſhed, cut it ſmall, and then powder it; then put to it halfe an ounce of pepper in fine powder, and as much *Comine*, mixe them all well together, and boyle them in a pottle of white Wine, till halfe be conſumed, and after meal (but not before) uſe to drink thereof hot, alſo once in the afternoon, and at your going to bed; and it will purge the breath. For a ſtinking breath - which commeth from the ſtomack.

Take red nettles and burne them to powder; then adde as much of the powder of pepper, and mixe them very well together and ſnuffeth thereof up into the noſe, and thus doe divers times a day. For ſtinking noſtrils.

Take old Ale, and having boyled it on the fire, and cleaned it, add thereto a pretty quantity of life-honey, and as much *Al-lom*, and then with a ſerrindge or ſuch like, waſh the ſores therewith very warm. For a canker in the noſe.

Take a gallon of running water, and boyl it to a pottell; then A red water for any canker.

put

put to it a handfull of red Sage a handfull of Celladines, a handfull of Honyfuckles, a handfull of Woodbin leaves and floweres; then take a penniworth of grains made into fine powder, and boyl all very well together; then put to it a quart of the best lishony of a year old, and a pound of Roch Allom, let all boyl together til it come to a pottel, then strain it and put it into a close vessel, and therewith dresse and annoint the sores as occasion serves: it will ease any canker or Ulcer, and cleanse any wound; It is best to be made at *Midsummer*.

To clear the eyes.

Take the flowers and rootes of *Primroses* cleane washt in running water, then boyle them in fair running water the space of an hour, then put thereto a pretty quantity of white *Copperas*, and then straine all through a linnen cloath, and so let it stand a while, and there will an oyl appear upon the water with that oyl annoint the lids and the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraign.

Another for the sight.

Take fifteen seeds of *Gynepes*, and as many *Gromwell* seedes, five branches of *Fennell*, beat them all together, then boyle them in a pint of old Ale, till three parts be wasted; then strain it into a glasse, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of sixteen dayes with your owne water, and it will clear any decayed sight whatsoever.

For sore eyes:

Take red *Snayles*, and seeth them in fair water, and then gather the oyle that ariseth thereof, and therewith annoint your eyes morning and evening:

For sick eyes.

Take a gallon or two of the dregges of strong ale, and put thereto a handfull or two of *Comine*, and as much salt, and then distill it in a *Limbeck*, and the water is most precious to wash eyes with.

For bleered eyes.

Take *Celladine*, *Rue*, *Chervile*, *Plantain*, *Annise*, of each alike and as much *Fennell* as of all the rest, stampe them all well together, then let it stand two dayes and two nights, then strain it very well and annoint your eyes morning and evening therewith.

For the pin and web in the eye,

Take an egge, and rost it extream hard, then take the white being very hot, and lap in it as much white *Copperas* as a pease,

pease, and then violently strain it through a fine cloath, then put a good drop thereof into the eye, and it is most soveraign.

Take two drams of prepared Tuffia, of Sandragon one dram, of Sugar a dram, bray them all well together till they be exceeding small, then take of powder and blow a little thereof into the eye, and it is soveraign. A powder for the pin and web in the eyes.

Take of red rose leaves, of Smallage, of Maiden-hair, Eu- face, Endive, Succory, red Fennel, Hil-wort, and Cellandine, of each half a quarter of a pound, wash them clean, and lay them in steep in white wine a whole day; then distil them in an ordinary Salt, & the first water will be like gold, the second like silver, and the third like balm; any of these is most precious for sore eyes, and hath recovered sight lost for the space of ten years, having been used but four days. A precious water for the eyes.

Take the leaves of willow, and boil them well in oyl, and therewith anoint the place where you would have any hair to grow, whether upon head or beard. To make haire to grow

Take Treacle water and hony, boil them together, and wet a cloath therein, and lay it where you would have hair to grow, and it will come speedily. Another.

Take nine or ten eggs and rost them very hard, then put away the yolkes; and bray the whites very small with three or four ounces of white copperas, till it become to perfect oyntment, then with it anoint the face morning and evening, for the space of a week and more. For a pimpled or red saucy face.

Take the rynd of Hyssop, and boil or burn it, and let the fume or smoak goe into the mouth, and it will stay any rhume falling from the head. For the rheum

Take a pint of running water, and three spoonfulls of hony, and boyl them together: and skim off the filth, then put thereto one ounce of small *Raysins*, and strain it well through a cloath, and so drink it morning and evening. For hoarfnels in the throat.

Take *Aquavita* and salt, and mixe it with strong old ale, and then heat it on the fire, and therewith wash the soles of the feet when you go to bed. For a dangerous cough.

Take of clean wheat and of clean barley of each alike quantity and put them into a gallon and a half of fair water, and boyl them For a dry cough.

them till they they burst, then strain it into a cleane vessell, and ad thereto a quartern of fine *Lycoras* powder, and two penny worth of *gumme Arabick*, then boyl it over again and strain it, and keep it in a sweet vessell, and drink thereof morning and evening.

For the tific k. Take the best wort and let it stand till it be yellow then boyl it, and after let it coole, then put to it a litle quantity of *Barm* and *Saffron*, and so drink of it every morning and evening while it lasteth: other wise, take *Hore hound*, *violet leaves*, and *Isop*, of each a good handfull, seeth them in water, and put thereto a litle *Sugar*, *Licorice*, and *Sugar-candy*, after they have boyled a good while, then strain it into an earthen vessell, and let the sick drink thereof six spoonfulls at a time morning and evening; or lastly take the lungs of a Fox and lay it in rose-water, or boyl it in rose water, then take it out and dry it in some hot place without the sun; then beat it to powder with *Sugar-candy*, and eate of this powder morning and evening.

For griefes in The stomack, To ease the pain in the stomack, take *Endive*, *Mints*, of each a like quantity and steep them in white wine a dayes space; then straining and adding therunto a litle *Cynamon* and *Pepper*, give it to the sick person to drink, and if you add thereto a litle of the powder of *Horse-mint* and *Calamint*, it will comfort the stomack exceedingly and occasion swift and good digestion.

For spitting of blood. For spitting of blood, whether it proceed of inward bruises, overstraining, or such like; you shall take some *pitch*, and a litle *Sperma Cati*, and mixe it with old Ale. and drink it, and it will stay the flux of blood: but if by means of the bruise any outward grief remain; then you shall take the herb *Brokellhemp*, and frying it with sheeps tallow, lay it hot on the grieved place, and it will take away the anguish.

For vomiting. To stay the fluxe or vomiting take *Wormewood*, and sower bread toasted, of each a like quantity. & beat them well in a mortar: then add to them as much of the juyce of *Mints*, and the juyce of *Plantain*, as will bring it to a thick salve: then fry them all together in a frying pan, and when it is hot, lay it playsterwise to the mouth of the stomack; then let the party drink a litle white Wine and *Chervile* water mixt together, and then steep sower toasted bread in very strong vinegar, wrap it in a fine cloath, and let

let the sick party smell thereto, and it will stay the excess of vomiting, and both comfort and strengthen the stomach.

If you would compell one to vomit, take half a spoonfull of *stone crop*, and mix it with three spoonfulls of white wine, and give it to the party to drink, and it will make him vomit presently: but do this seldome, and to strong bodies, for otherwise it is dangerous.

For the *Iliaca passio*, take of *Polypody* an ounce, and stamp it; then boyl it with *prunes* and *violets* in *fennell water*, or *Annisseed water*; take thereof a good quantity; then strain it, and let the party every morning and evening drink a good draught thereof.

If the stomach be troubled with wind or other pain, take *Commune* and beat it to powder, and mixe with it red Wine, and drink it at night, when you go to bed divers nights together.

Take *Brooklime* roots and leaves, and wash them clean and dry them in the Sun, so dry, that you may make powder thereof; then take of the powder a good quantity, and the like of *Treacle*, and put them in a cup with a pretty quantity of strong old Ale, and stir them well together and drink thereof first and last, morning and evening, for the space of three or four dayes; and if need do require use the same in the broaths you do eat, for it is very soveraign.

Take *Harts-horn*, or *Ivory* beaten to fine powder, and as much *Cinnamon* in powder: mixt them with Vinegar, and drink thereof to the quantity of seven or eight spoonfulls.

Take the water of *Moufear*, and drink thereof the quantity of an ounce and a half, or two ounces, twice or thrice a day: or otherwise take a little *Nutmeg*, a little *Cloves*, a little *Mace*, and a very little *Ginger*, & the flowers of *Lavender*, beat all unto a fine powder, and when the passion of the Mother commeth, take a chafingdish of good hot coales and bend the patient forward and cast of the powder into the chafingdish so as she may receive the smoak both in at her nose and mouth, and it is a present cure.

Against obstructions in the Liver, take *Annisseeds*, *Ameos*, *Burmer*, *Camomile*, and the greater *Centaury*, and boyl them in white

To force one to vomit.

For the *Iliaca passio*.

Additions to the diseases of the stomach.

For the stomach. For the *Iliaca passio*.

For pain in the breast.

The Mother.

Obstructions of the Liver.

Against the
heat of the
Liver.

wine with a little honey, and drink it every morning, and it will cure the obstructions, & cleanse the Liver from all imperfection.

Against the heat and inflammation of the Liver, take *Endive* dried to powder, and the meal of *Lupin seeds*, and mixe it with honey, and the juyce of *Wormwood*, make a cake thereof and eat it, and it will assuage the great heat and inflammation of the Liver, and take away the pimples and redness of the face which proceedeth from the same.

For the Plurisie.

To prevent a *Plurisie* a good while before it come, there is no better way than to use much the exercise of ringing, or to stretch your arms upward, so as they may bear the weight of your body, & so to swing your body up and down a good space; but having caught a *Plurisie*, and feeling the gripes, stiches, & pangs thereof, you shall presently cause the party to be let blood, and then take the herb *Althea* or *Holyhock*, and boyl it with *Vinegar* and *Linseed* till it be thick plaister-wise, and then spread it upon a piece of *Allom Leather*, and lay it to the side that is grieved, and it will help it.

A playster for
a stitch.

To help a stich in the side or elsewhere, take Doves dung, red Rose leaves, and put them into a bag and quilt it: then throughly heat it upon a Chafingdish of coals with vinegar in a platter: then lay it upon the pained place as hot may be suffered, and when it cooleth heat it again.

Heat in the
Liver.

For any extraordinary heat or inflammation in the Liver, take *Barberies* and boyl them in clarified whey, and drink them and they will cure it.

For the consumption.

If you will make a *Cordial* for a *Consumption* or any other weakness, take a quart of running water, a piece of *Mutton*, and a piece of *Veal*, and put them with the water into a pot; then take of *Sorrel*, *violetleaves*, *Spinage*, *Endive Succory*, *Sage*, *Hyssop*, of each a good quantity; then take *Prunes* & *Raisins*, and put them all to the broth, and seeth them from a quart to a pint; then strain the yolk of an egge, and a little *Saffron* thereinto, putting in *Sugar*, whole *Mace* and a little white wine; so seeth them a while together, and let the party drink it as warm as may be.

To staunch
blood.

To staunch blood, take the hearb *shepheards purse*, (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time morning and evening, and it will stay any fluxe of

of blood naturall or unnaturall, but if you cannot get *distilled* water, then boyl a handfull of the hearb with Cynamon, and a little sugar, in Claret wine, and boyl it from a quart to a pint, and drink it as oft as you please: also if you but rub the hearb between your hands, you shall see it will soon make the blood return.

For the *Yellow Iauundise*, take two penny worth of the best English *Saffron*, dry it and grind it to exceeding fine powder; then mixe it with the *pap* of a roasted *apple*, & give it the diseased party to swallow down in manner of a *pill*, and thus do diuers mornings together, and without doubt it is the most present cure that can be for the same, as hath been oftentimes proved.

For the yellow Iauundise.

For the *Yellow Iauundise* take *Pimpernel* and *Chick-weed*, stamp them and strain them into posset ale; and let the party drink thereof morning and evening.

For the *Yellow Jaundise*, which is deseperate, and almost past cure: take sheeps dung new made, and put it into a cup of Beer or Ale and close the cup fast, and let it stand so all night, and in the morning take a draught of the clearest of the drink, and give it unto the sick party.

For the *black Jaundise* take the herb called *peniroyall*, and either boyl it in white Wine, or drink the juyce thereof simply by it self, to the quantity of three or four spoonfull at a time, and it will cure the black Jaundise.

For the black Jaundise.

Take of *Hylop*, *Parsley*, and *Harts tongue*, of each alike quantity, and seeth them in wort til they be soft, then let it stand til it be cold, and then drink thereof first and last, morning and evening.

Additions for the diseases of the liver.

Take *Fennel rootes*, and *parsley rootes* of each alike, wash them cleane and pill off the upper bark and cast away the pith within; then mince them small; then put them to three pints of water, and set them over the fire; then take figs and shred them small, take *Lycoras* and break it small, and put them to the herbs, and let all boyl very well, then take *Sorrell* and stamp it and put it to the rest, and let it boyl till some part be wasted, then take a good quantity of hony and put to it and boyle a while, then take it from the fire, and clarify it through a strainer into a glasse vessel, and stop it very close; then give the sick to drinke

For wasting of the liver.

To heale a
Ringworm,
Ring of the
heat of the
liver.
To stanch
blood.

For great
danger in
bleeding.

For a stitch.

A bath for the
Leprosie.

For the Drop-
sie.

Paine in the
Spleen.

Pain in the
Liver.

For fatnesse
and short
breath.

thereof morning and evening.

Take the stalk of Saint *Mary Garlicke*, and burn it, or lay it upon a hot tyle stone untill it be very dry, and then beat it into powder, and rub the sore therewith untill it be whole.

Take wool in the Walkmilt that cometh from the cloth and flyeth about like Down, and beat it into powder; then take thereof and mixe it with the white of an egge and wheat flowre, and stamp them together: then lay it on a linnen Cloth or Linr, and apply it to the bleeding place, and it will stanch it.

If a man bleed and have no present help, if the wound be on the foot, bind him about the ankle; if in the legs, bind him about the knee; if it be on the hand, bind him about the wrist; if it be on the arm, bind him about the brawn of the arm, with a good list, and the blood will presently stanch.

Take good store of *Cinamon* grated, and put it into posset ale very hot and drink it, and its a present cure.

Take a gallon of running water; and put to it as much salt as wil make the water as salt as the Sea water, then boyl it a good while, and bath the legs therein as hot as may be suffered.

For the Dropcie, take *Agnus castus*, *Fennel*, *Affodil*, dark *Walwort*, *Lupins* and *Wormwood*, of each a haudful, and boyl them in a gallon of white Wine untill a fourth part be consumed: then strain and drink it morning and evening half a pint thereof, and it will cure the Dropcie; but you must be carefull that you take not *Daffodill* for *Affodil*.

For pain in the Spleen, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centaurie* the great, and *Wormwood*, of each a handfull, and boyl them in a gallon of white wine, then strain it, and let the patient drink divers mornings together half a pint thereof; and at his usuall meals let him neither drink Ale, Beer, nor Wine, but such as hath had the hearb *Tamarisk* steeped in the same, or for want of the heart, let him drink out of the cup made of *Tamarisk* wood, and he shall find remedy.

For any pain in the side, take *mugwort* and red *Sage*, and dry them between two tile stoness, and then put it in a bag, and lay it to your side as hot as can be indur'd.

To help him that is exceeding fat, purisie, and short breathed: take hony clarified, and bread unleavened, and make toasts of it, and

and dip the toasts in the clarified honey, and eat this divers mornings with your meat.

Take a lump of iron or steel and heat it red hot, and quench it in Wine, and then give the wine to the sick party to drink. Additions
To the diseases of the
Spleen.

Take *Fennell seeds* and the roots, boyl them in water, and after it is cleafed put to it honey, and give the party to drink; then seeth the hearb in Oyl and Wine together, and plaister-wise apply it to the side. For stopping
of the spleen.

Make a playster of *Wormwood* boyled in Oyle, or make an oymntment of the juyce of *Wormwood*, of *Vinegar*, *Armoniac*, *Wax*, and *Oyl*, mixed and melted together, and anoint the side therewith, either in the Sun, or before the fire. Diseases of
the heart.

Take the powder of *Galingal*, and mixe it with the juyce of *Burrage*, and let the offended party drinke it with sweet wine. For passion of
the heart.

Take *Rosemary* & *Sage*, of each an handfull, & seeth thē in white Wine or strong Ale, and then let the patient drinke it lukewarm. For heart
sickness.

Take the juyce of *Fennell* mixt with honey and seeth them together till it be hard, and then eat it evening and morning, and it will consume the fatnesse. For fatnesse
about the
heart.

For the *Wind Collick*, which is a disease both generall and cruell, there be a world of remedies yet none more approved than this which I will repeat: you shall take a *Nutmeg* sound and large, and divide it equally into four quarters: the first morning as soon as you shall rise, eat a quarter thereof; the second morning two quarters and the third eat three quarters, & the fourth morning eat a whole *Nutmeg*; & so having made your stomach & tast familiar therewith, eat every morning whilst the *Collick* offendeth you a whole *Nutmeg* dry without any composition, and fast ever an hour at least after it, and you shall finde a most unspeakable profit which will arise from the same. For the wind
Collick.

For the wind collick, take a good handfull of clean wheat meal as it cometh from the Mill, and two eggs, and a little wine-vinegar, and a little *Aquavita*, and mingle them together cold, and make a cake of it, and bake it on a gridyron with a soft fire, and turn it often and tend it with blasting of *Aquavita* with a feather; then lay it somewhat higher then the pain is, rather than lower. The wind
Collick.

For the *Lask* or extreme scouring of the belly, take the seeds For the Lask.

of the *Wood-rose*, or *Bryer-rose*, beat it to powder, and mixe a dram thereof with an ounce of the conserve of *Sloes*, and eat it, and it will in a short space bind and make the belly hard.

For the bloody flux.

For the bloody-fluxe, take a quart of red wine, and boyl therein a handfull of *shepheards purse*, till the hearb be very soft: then strain it & adde thereto a quarter of an ounce of *Cynamon*, and as much of dried *Tanners bark* taken from the ouze, and both beaten to fine powder; then give the party half a pint thereof to drink morning and evening, it being made very warm, and it will cure him.

To stay a lask.

To stay a fore *Lask*, take *Plantain-water* and *Cynamon* finely beaten, and the flowers of *Pomgranates*, and boyl them well together; then take *Sugar* & the yolk of an egge and make a caudle of it, and give the grieved party it.

For the flux.

For the Flux take *Stags pizzell* dried and grated, and give it in any drink, either in *Beer*, *Ale*, or *Wine*, and it is most soveraign for any Flux whatsoever. So is the jaw bones of a *Pike*, the teeth and all dried and beaten to powder, and so given the party diseased in any drink whatsoever.

For the worst Flux.

To cure the worst bloody Eluxe that may be, take a quart of red wine, and a spoonfull of *Commin seed*, boyl them together until half be consumed; then take *Knotgrass* and *Shepheards purse*, and *Plantain*, and stamp them severall, and then strain them and take of the juyce of each of them a good spoonfull and put them to the wine, and so seeth them again a little: then drink it luke-warm, half overnight and half the next morning; & if it fall out to be in Winter, so that you cannot get the herbs, then take the water of the herbs distilled, of each three spoonfulls, and use it as before.

For costiveness.

For extream costiveness, or binding in the body, so as a man cannot avoid his excrements, take *Anniseeds*, *Fennigreek*, *Linseeds*, and the Powder of *Piony*: of each half an ounce, and boyl them in a quart of white wine, and drink a good draught thereof, and it will make a man goe to the stoole orderly and at great ease.

For worms.

For wormes in the belly, either of child or man, take *Aloes Cicotrine*, as much as a half hazell Nut, & wrap it in the pap of a roasted Apple, and so let the offended party swallow it in the manner

manner of a pill fasting in the morning, or else mixe it with three or four spoonfulls of Muscadine, and so let the party drink it, and it is a present cure. But if the child be either so young or the man so weak with sickness, that you dare not administer any thing inwardly, then you shall dissolve your Aloes in the oyl of Savine, making it salve-like thick, then plaister-wise spread it upon sheeps leather, and lay it upon the navil and mouth of the Stomack of the grieved party, and it will give him ease; so will also unset leeks clopt small and fried with sweet butter, and then in a linnen bag apply it hot to the navill of the grieved party.

Take a quart of red wine, and put to it three yolks of eggs, and a penniworth of long-Pepper and grains, and boyle it well, and drink it as hot as can be suffered: or otherwise, take an ounce of the inward bark of an oak, and a penny worth of long Pepper, and boyl them in a pint and better of new Milk, and drink it hot first and last morning and evening. Additions
To the diseases of the belly and guts.
For the greatest Lax.

Take an egg, and make a little hole in the top, and put out the white, then fill it up againe with *Aquaviva*, stirring the egg and *Aquaviva*, till it be hard, then let the party eat the egg and it will cure him. or otherwise take a pint of red wine and nine yolks of eggs, and twenty pepper coins small beaten, let them seeth untill they be thick, then take it off, and give the diseased party to eat nine spoonfulls morning and evening. For the bloody flux.

Take of *Rue* and *Betula* like quantity, bruise them, and take the juyce, mixe it with clarified hony, and boyl it in red wine, and drink it warm first and last morning and evening. For an easie Lax.

Take *Mercury*, *Cinkfoyl*, and *Mallows*, and when you make porrage or broth with other hearbs; let these hearbs before named have most strength in the porrage, and eating thereof, it will give you two stools and no more. To have two stools a day and no more.

Take two spoonfull of the juyce of Ivie leaves, and drink it three times a day, and it will dissolve the hardness. For hardness of the belly or womb.

Take the bark of the roots of the Elder tree, and stamp it, and mixe it with old ale, and drink thereof a good hearty draught. Against coliciv cramps.

Take the crummes of white bread and steep it in Milk with *Allom*, and add Sugar unto it and eat it, and it will open the belly. For the wind-collick.
Take

For the stop-
ping of the
omb.

Take the Kernels of three Peach stones, and bruise them, seven cornes of case pepper, and sliced ginger a greater quantity than of the pepper, pound all together grossly, and put it into a spoonfull of sack (which is best,) or else white Wine, or strong Ale, and drink it off in a great spoon, then fast two hours after, & walk up & down if you can; if otherwise, keep your self warm and beware.

For the rup-
ture.

Take of *Daisies*, *Cumfrey*, *Polypody* of the Oak, and *Avens*, of each half a handfull, two roots of *Osmund*, boyl them in strong Ale and honey, and drink thereof morning, noon, and night, and it will heal any reasonable rupture. Or otherwise take of *Smallage*, *Comfrey*, *Serwell*, *Polypody*, that grows on the ground like *fearn*, *daisies* and *mores*, of each a like, stamp them very small, and boyl them well in *Baym*, untill it be thick like a poultis, and so keep it in a close vessell, and when you have occasion to use it, make it as hot as the party can suffer it, and lay it to the place grieved, then with a trusse, trusse him up close, & let him be careful for straining of himself, and in a few dayes it will knit: during which cure, give him to drink a draught of red wine, and put therein a good quantity of the flower of fetches, finely boulded, stirring is well together, and then fast an hour after.

For the stone.

For the violent pain of the stone, make a posset of milk and sack, then take off the curd, and put a handfull of *Camomill* flower into the drink, then put it into a pewter pot and let it stand upon hot embers, so that it may dissolve: and then drink it as occasion shall serve. Otherwise for this grief, take the stone of an Ox gall, and dry it in an oven, then beat it to powder, and take of the quantity of a hazell nut, with a draught of good Ale or white wine.

The collick
and stone.

For the Collick and stone, take hawthorn berries, the berries of sweet briars, and ashen keyes, and dry them every one severally untill you make them into powder, then put a litle quantity of every one of them together, then if you think good, put to it the powder of *Licoras* and *Anniseeds*, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drink it fasting. Otherwise you may take *Smallage-seed*, *Parsley*, *Lovage*, *Saxifrage*, and *broomseed*, of each

Another.

each one of them a little quantity, beat them into a powder, and when you feel a fit of either of the diseases, eat of this powder a spoonfull at a time either in pottage, or else in the broth of a chicken, and so fast two or three hours after.

To make a powder for the collick and stone, take *fennell*, *parsley-seed*, *aniseed*, and *caraway seed*, of each the weight of six pence, of *grumel seed*, *saxifrage seed*; the roots of *Filipendula* and *Licorus*, of each the weight of twelve pence, of *galingal*, *spikenard*, and *Cinamon*, of each the weight of eight pence, of *Sena* the weight of 17. shillings good weight. beat them all to powder and searfe it, which will weigh in all 25 shillings and 6 pence. This powder is to be given in white wine & sugar in the morning fasting, and so to continue fasting two hours after; and to take of it at one time the weight of tenne pence, or twelve pence.

Other Physicians for the stone take a quart of Rhenish or white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and as much white soap as the weight of a groat, and boil them to a pint, and put thereto sugar according to your discretion and to drink it, keeping your self warm in your bed, and lying upon your back. Another:

For the stone in the reynes, take *Ames*, *Camomill*, *Maiden-hair*, *Sparrowtongue*, and *Philipendula*, each alik quantity, dry it in an oven, and then beat it to powder, and every morning drink halfe a spoonfull thereof with a good draught of white wine, and it will help.

For the stone in the bladder, take a radish-root and slit it cross twice, then put it into a pint of white wine and stop the vessell exceeding close: then let it stand all one night, and the next morning drink it off fasting, and thus do divers mornings together, and it will help. For the stone in the bladder

For the stone in the bladder, take the kernels of flocs, and dry them on a tile stone, then beat them to powder, then take the roots of *Alexander*, *parly*, *pellitory*, and *hol ock*, of every of their roots a like quantity, and seeth them all in white wine, or else in the broth of a young chicken: then strain them into a cleane vessell, and when you drink of it, put into it halfe a spoonfull of the powder of floc kernels. Also if you take the oyl of Scor-

Scorpion, it is very good to anoint the members, and the tender parts of the belly against the bladder.

A bath for the stone.

To make a bath for the stone, take *mallows*, *holihock*, and *lilly roots*; and *linseed*, *Pellitory* of the wall, and seeth them in the broth of a sheeps head, and bathe the reins of the back therewith oftentimes, for it wil open the straitnesse of the water conduits, that the stone may have issue and asswage the pain, and bring out the gravell with the urine : but yet in more effect, when a plaister is made and laid upon the reins and belly immediately after the bathing.

A water for the stone.

To make a water for the stone, take a gallon of new milk of a red Cow, and put therein a handfull of *Pellitory* of the wall and a handfull of wild time, and a handfull of *Saxifrage*, and a handfull of *parisly*, and two or three radish rootes sliced, and a quantity of *philipendula* roots; let them lie in the milk a night, and in the morning put the milk with the hearbs into a still, and distil them with a moderate fire of charcoal or such like : then when you are to use the water, take a draught of *Rhenish* wine or white wine, and put into it five spoonfulls of the distilled water, and a little nutmeg and sugar sliced, and then drink of it, the next day meddle not with it, but the third day doe as as you did the first day, and so every other day for a weekes space.

Difficulty of Urine.

For the difficulty of Urin, or hardnest to make water, take *Smallage*, *Dill*, *Aniseeds*, and *Burnet*, of each a like quantity, and dry them and beat them to fine powder and drink half a spoonfull thereof, with a good draught of white wine.

For hot Urine

If the urine be hot and burning, the party shall rise every morning to go to drink a good draught of new milk and sugar mixt together, and by all means to abstain from Beer that is old hard and tart, and from all meats and sawces which are sour and sharp.

For the strangullion.

For the strangullion, take *Saxifrage*, *Polypody* of the Oak ; the root of beanes, and a quantity of *Raisins*, of every one three handfull or more, and then two gallons of good wine, or else wine lees, and put it into a Serpentry, and make thereof a good quantity, and give the sick to drink morning and evening a spoonfull at once.

For

For them that cannot hold their water in the night time For pissing in take *Kids* hoof, and dry it, and beat it into powder, and give it bed. to the patient to drink, either in beer or ale four or five times over.

For the rupture or bursenness in men; take *Comfrey* and *Fer-* For the rup-
neofmound, and beat them together, and yellow wax, and ture.
Dears suet, untill it come unto a salve, and then apply it unto the broken place and it will knit it; also it shall be good for the the party to take *Comphry* roots, & rost them in hot embers as you rost wardens, and let the party eat them: for they are very sove-
rain for the rupture; especially being eaten in a morning fa-
sting; and by all means let him wear a strong trusse till it be whole.

Take *Goats* claws and burn them in a new earthen pot to powder, then put of the powder into broth or pottage, and eat it therein or otherwise take *Rue*, *Parsley*, and *Gromwell*, and stamp them together, and mixe it with wine and drink it. Additions to the diseases of the reins and bladder.

Take *Agnus castus* and *Castoreum*, and seeth them together in wine, and drink thereof; also seeth them in vinegar, and lap it hot about the privy parts and it will help. For him that cannot hold his water.

Take *Malmesey* and butter, and warm it, and wash the reins of the back, whereupon you find pain, then take oyl of *Mace* For the Go-
norea or shed-
ding of seed.

First wash the reins of the back with warme white wine, then For weaknesse
anoint all the back with the oymntment called *Perfluane-* in the back.
to.

Take a leg of beef, a handfull of *Fennel* roots, a handfull of For heat in
Parsly roots, two roots of *Comphry*, one pound of *Raisins* of the the reins.
Sun, a pound of damask *Prun*, and a quarter of a pound of For comfor-
dates put all these together, & boyl them very soft with six leaves strengthning
of *neep*, six leaves of *clary*, twelve leaves of *birrany* of the wood, and of the back.
a little *harts tongue*: when they are sod very soft, take them into the same broth again with a quart of sack, and a penniworth of large mace, and of this drink at your pleasure.

For the Hemeroides, which is a troublesome and sore grief, For the heme-
take of *Dill*, *Dogge-fennell*, and *Pellitory of Spain*, of each half a roids.
handfull, and beat it in a mortar with Sheeps suet and black Sope, till it come to a salve, and then playster-wise apply it to the
the

For the piles
or hemeroids.

the fore, and it will give the grief ease.

For the Piles or Hemeroides, take half a pint of ale, and a good quantity of pepper, and as much allom as a Walnut; boyl all this together till it be as thick as birdlime or thicker; this done take the juyce of white violets, and the juyce of Housleek, and when it is almost cold, put in the juyce and strain them altogether, and with this oyntment anoint the fore place twice a day. Otherwise for this griet, take Lead and grate it small, and lay it upon the fore: or else take muscles dried and beat to powder, and lay it on the fores.

For the falling
of the funda-
ment.

If a mans fundament fall down through some cold taken, or other cause, let it be forthwith put up again: then take the powder of *Town cresse* dried, and strew it gently upon the fundament, and anoint the reins of the back with honey, and then about it strew the powder of *Cumin* and *Calafine* mixt together, and ease will come thereby.

Additions to
the diseases of
the private
parts.

For the heme-
roids.

For the green
sickness.

Take a great handfull of *orpins*, and bruise them between your hands, till it be like a salve, and then lay them upon a cloath, and bind them fast to the Fundament.

To help the green sickness, take a pottle of white wine and a handfull of *Rosemary*, a handfull of *Wormwood*, an ounce of *Cardus Benedictus* seed, and a dram of *Cloves*; all these must be put into the white wine in a jug, and covered very close, and let it steep a day and a night before the party drink of it, then let her drink of it every morning, and two houres before supper: and so take it for a fortnight and let her stir as much as she can, the more the better, and as early as she can. Otherwise for this sickness, take *Hysop*, *Fennell*, *Peny-royal*, of these three one good handfull, take two ounces of *currants*, seeth these in a pint of fair water to a half, then strain the herbs from the liquor and put thereto two ounces of fine sugar, and two spoonfulls of white wine vinegar, let the party drinke every morning foure spoonfulls thereof, and walk upon it.

To encrease
womans milk.

To increase womans milk, you shall boyl in strong posset ale good store of *Colewort*, and cause her to drink every meal of the same: also if she use to eat boyled *Colewort* with her meat, it will wonderfully increase her milk.

To dry up womans milk, take red sage, and having stamp it

it and strained the juyce from the same, adde thereunto as much To dry up
wine vinegar, and stir them well together, then warm it on a milk.
flat dish, over a few coales, steep therein a sheet of brown paper,
then making a hole in the midst thereof for the nipple of the
brist to goe through, cover all the brist over with the paper and
remove it as occasion shall serve, but be very carefull it be laid
very hot to. Some are of opinion, that for a woman to milk her
breasts upon the earth, will cause her to dry: but I refer it to
triall.

To help womens sore breasts, when they are swelled, or else A pultis for
inflamed, take violet leaves and cut them small, and seeth them fore breasts
in milk or running water with wheat bran, or wheat bread in women.
crumms, then lay it to the sore, as hot as the party can indure
it.

If a woman have a strong and hard labour take four spoon- For ease in
fulls of another womans milk, and give it the woman to child bearing.
drink in her labour, and she shall be delivered present-
ly.

If a woman by mischance have her child dead within her, Child dead in
she shall take *Dittander*, *Felwort*, *Pennyroyall*, and stamp them, the womb.
and take of each a spoonfull of the juyce, and mixe it with
old wine, and give her to drink, and she shall soon be delive-
red without danger.

To make a woman to conceive, let her either drink *Mugwort* Aprisse to
steeped in wine; or else the powder thereof mixed with wine, conceive.
as shall best please her tast.

Take the powder of *Corrall* finely ground, and eat it in a Additions to
rear-egge, and it will stay the flux. womens infir-
mities.

Against womens termes, make a pessary of the juyce of To cease wo-
Mugwort, or the water that it is sodden in, and apply it, but mens flowers.
if it be for the flux of the flowres, take the juyce of *Plantain*
and drink it in red wine.

Take a *Fomentation* made of the water wherein the leaves Against the
and flowres of *Tuisen* is sodden, to drink up the superfluities flowres.
of the matrix, it cleanseth the entrance, but this herb would For the ma-
be gathered in harvest; if the woman have pain in the Ma- trix.
trix, set on the fire water that *Anonum* hath been sodden in,
and of the decoction make a pessary, and it will give ease.
Take

A general
purge for a
woman in
child-bed.

Take two or three egges, and they must be neither rost nor raw, but between both, and then take butter that Salt never came in, and put into the egges, and sup them off; and eat a piece of brown bread to them, and drink a draught of small Ale.

To deliver the
dead birth.

Take the root of *Aristolochia rotunda*, and boyle it in wine and oyl, make a fomentation thereof, and it helps.

To increase
milke.

Take the buds and tender crops of *Briony*, and boyl them in broath or pottage, and let the woman eat thereof, it is sove-
raign.

For a woman
that is new
brought in
bed and
swooneth
much.
To provoke
sleep.

Take *Mugwort*, *Motherwort*, and *Mints*, the quantity of a handfull in all, seeth them together in a pint of *malmsey*, and give her to drink thereof two or three spoonfulls at a time, and it will appease her swooning.

Take *Henbane* stamped and mixt with vinegar, and apply it playsterwise over all the forehead, and it will cause sleep.

For sore breasts

Take *Sage*, *Smallage*, *Mallowes*, & *plantain*, of each an handfull, beat them all well in a mortar, then put unto them oatmeal and milk, and spread it on a fine linnen cloth an inch thick, and lay it to the breast or breasts: or otherwise, take white bread leaven and strain it with cream, and put thereto two or three yolkes of eggs, sallet oyl, or oyl of *Roses*, and put it upon a soft fire til it be warme, and so apply it to the breast.

For morphew
of both kinds.

For Morphew, whether it be white or black, take of the *Litharge* of gold a dram, of unwrought brimstone two drams, beat them into fine powder, then take of the oyl of *Roses* and *Swines* greafe, of each alike quantity, and grind them altogether with half a dram of *champhire* and a little vinegar, and anoint the same therewith morning and evening.

To breed hair.

To breed hair, take *Southernwood* and burn it to ashes and mixe it with common oyl, then anoint the bald place therewith morning and evening, and it will breed hair exceedingly.

For the gout.

For the Gout, take *Aristolochia rotunda*, *Alishea*, *Betony*, and the roots of wild *Neep*, and the rootes of the wild *dock* cut in pieces after the upper rind is taken away, of each alike quantity, boyl them all in running water till they be soft and thick: then stamp them in a mortar as small as may be, and
put

put thereto a little quantity of chimney soot, and a pint of new milk of a Cow which is all of one intire colour, and as much of the urine of a man that is fasting, and having stirred them all well together, boyle them once again on the fire, then as hot as the party can suffer it apply itt o the grieved place, and it will give him ease.

For the *Sciatica*, take of mustard seed a good handfull, and as much of white hony, and as much weight of figs, and crummes of white bread halfe so much, then with strong vinegar beat it in a mortar til it come unto a salve; then apply it unto the grieved place, and it will give the grieved party ease, so will also a plaister of *Oxycrotonum*, if it be continually warm upon the same.

To help all manner of swelling or aches in what part of the body soever it be, or stinging of any venomous beast, as *Adder Snake*, or such like, take *Hore-bonnd*, *Smallage*, *Porrets* smal *Mal-lows*, and wild *Tansy* of each alike quantity, and bruise them or cut them small: then seeth them altogether in a pan with milk, *oatmeal*, and as much Sheeps suet, or Deares suet as a Hens egge, and let it boyl till it be a thick plaister, then lay it upon a blew wollen cloath, and lay it to the grieve as hot as one can suffer it.

For any swelling in the legges or feet, take a good handfull of water Cresses, and shread them small, and put them in an earthen pot: and put thereto thick Wine Lees, and wheat bran, and Sheeps suet, of each of them a like quantity, and let them boyl together until they be thick; then take a linnen cloth, and bind it about the fore and swelling, as hot as the party grieved can indure it and let it remain on a whole night and a day without any removing, and when you take it away, lay to it a fresh plaister, hot, as before, and it will take away both the pain and swelling. Other Chirurgions for this grief take hony and beer and beat them together, and therewith bathe the swelling morning and evening.

To wash any sore or Ulcer, take running water, and *Bolearmo-niack* and *Camphire* and boyl them together, and dip in a cloth and lay it to the sore as hot as may be indured; also *Plantain* water is good to kill the heat of any sore: or if you take Woodbine leaves, and bruise them small it will heal a sore; or if you

with a fore with verjuice, that hath been burnt or scalded, it is a present remedy.

A pultis for a
for c.

There be divers others which for this grief take the green of Goose dung and boyl it in fresh butter, then strain it very clean and use it. And *Sallet oyl* and *Snow water* beaten together will cure any scald or burning.

For any old
fore.

To cure any old fore how grievous soever it be, take of new milk three quarts, and a good handfull of *Plantain*, and let it boyl till a pint be consumed: then add three ounces of *allom* made in powder, and an ounce and a half of white *Sugarcandy* powdered. Also then let it boyl a little til it have a Curd, then strain it; with this warm, wash the Ulcer and all the members about it: then dry it, and lay upon the Ulcer *Unguentum Raslicon* spread on lint & your *diminium* playster over it, for this strengtheth & killeth the itch: but if you find this is not sharp enough, then take of milk a quart, *all. m* in powder two ounces, vinegar a spoonfull; when the milk doth seeth, put in the *allom* and vinegar, then take off the curd and use the rest as was before-said, and it will cure it.

For any scabs
or itch.

For scabs or itch, take *unguentum Populion*, and therewith anoint the party and it will help; but if it be more strong and rank, take an ounce of *Nerve oyl*, & three pennyworth of quick-silver, and beat and work them together, untill you see that assuredly the quick silver is killed: then let the party anoint therewith the palms of his hands, the boughs at his elbowes, his armpits and hams, and it will cure all his body.

For the lepro-
sic.

To cure the leprosie take the juyce of *Cohworts*, and mixe it with *Allom* and strong ale, and annoint the Leper therewith morning and evening, and it will cleanse him wonderfully, especially if he be purged first, and have some part of his corrupt blood taken away.

To take away
pimples.

To take away either pimples from the face, or any other part of the body, take virgin wax and *Sperma cati*, of each alike quantity, and boyl them together and dip in a fine linnen cloth, and as it cooles dip it wel of both sides, then lay upon it another fair cloath upon a table and then fold up a cloath in your hands and all to slight it with the cloath, then take as much as will cover the grieved place.

If any man have his privy parts burnt, take the ashes of a fine linnen cloath in good quantity, and put it into the forme r oyl of eggs, and anoint the fore member therewith, and it will cure it. Privie parts
burnt.

For any burning take fix new layd eggs and roast them very hard, and take out the yolkes thereof and put them into an earthen pot, and set it over the fire on hot embers, and then whilst the eggs look black, stir them with a slice untill they come to an oyl, which oyl take, clarify, and put it into a glasse by it self, and therewith anoint the burning and it will cure it. For any burning.

For any scalding with hot water, oyl or otherwise, take good cream, and set it on the fire, and put it into the green which growes on a stone-wall, take also yarrow, the green of elder bark and fire grasse, and chop them small, then put them into the cream, and stir it well till it come to an oyl salve, then strain it and anoint the sore with it. For any scalding.

To dry up any sore, take *Smallage*, *Groundsill*, *wild mallowes*, and *violet leaves*: chop them small and boyl them in milk with bruised *Oatmeal* and sheeps suet, and so apply it to the sore. A pultice to
dry a sore.

To eat away dead flesh, take *Stubblewort*, and fold it up in a red dock leaf, or red wort leaf, and so roast it in the hot embers and so lay it to the sore, and it will fret away all the dead flesh: or otherwise, if you strew upon the sore a little *Preecipitate*, it will eat away dead flesh. To eat away
dead flesh.

To make a water to heal all manner of wounds, you shall take *Lupin* wort flowers, leaves, and roots: and in *March* or *April*, when the flowers are at the best, distill it, then with that water, bathe the wound, and lay a linnen cloath well therewith in the wound and it will heal it. A water to
heal wounds.

To heal any wound or cut in any flesh or part of the body, First if it be sic to be sticht, stich it up, and then take *Vnguentum aurum*, and lay it upon a pleagant of lint as big as the wound, and then over it lay a *minium* plaister made of Sallet oyl and red lead, and so dress it at least once in four and twenty houres: but if it be a hollow wound, as some Thurst in the body or other members, then you shall take *Balsamum cephalicum*, and warming it on a chafing dish of coales, dip the rent therin and

and to put it into the wound, then lay your plaister o
d *minium* over it, and do thus at least once a day untill it be
whole.

For sinews cut
or shrunk.

If a mans sinews be cut or shrunk, he shall go to the root of
the *wild neep*, which is like woodbine, and make a hole in the
midst of the root, then cover it well again that no air go out nor
in, nor other moysture; thus let it abide a day and a night, then
go and open it, and you shall find therein a certain liquor; then
take out the liquor and put it into a clean glasse, and do thus e-
very day whilst you find any moysture in the hole; and this must
onely be done in the months of *April* and *May*: then anoint the
fore therewith against the fire, then wet a linnen cloath in the
same liquor, and lap it about the fore, and the vertue will soon
be perceived.

To break any
impostume.

To break any Impostume; and to ripen it, onely take the
green *Melilot* plaister, and lay it thereunto; and it is suffici-
ent.

Two generall
infirmities of
Surgery, and
first of bur-
nings and
scaldings.
For burnings
or scaldings,
with either
Liquor or
Gunpowder.

Take *Plantain* water, or *Sallet oyl* and running water beaten
together, and therewith anoint the fore with a feather, till the
fire be taken out, then take the white of eggs, and beat them to
oyl; which done, take a hare skinne and clip the hare into the oyl,
and make it as thick as you may spread it upon a fine linnen
cloath, and so lay it upon the fore, and remove it not, untill it
be whole, and if any rise up of it self, clip it away with your
shears, and if it be not perfectly whole, then take a little of the
oyntment and lay it unto the same place again: otherwise take
half a bushell of Glovers shreds of all sorts, and so much of
running water as shall be thought convenient to seeth them, and
put thereto a quarter of a pound of Barrowes greafe, and then
take half a bushell of the doune of Cats tailes; and boyl them
altogether, continually stirring them, until they be sodden, that
they may be strained into an earthen pot or glasse, and with it
anoint the fore.

For burnings
or scaldings
on the face.

Or else take *Caprifolium*, *Mouf-eare ground-Ivy*, and *Hensdung*
the reddest or the yellowest; and fry them with *May-butter* alto-
gether untill it be brown, then strain it through a clean cloath,
and anoint the fore therewith.

Take the middle rind of the Elm tree, and lay it two or three
hours.

hours in faire running water till it wax ropy like glew, and then anoint the sore therewith : Or otherwise take sheeps tallow and sheeps dung, and mixe them together til they come to a salve, and then apply it to the sore.

Take *Plantain* leaves, *daisy* leaves, the greene bark of *Elders* and green *Germanders*, stamp them altogether with fresh butter or with oyl, then strain it through a linnen cloath, and with a feather anoint the sore til it be whole. An ointment for burning.

Take of the oyl *olive* a pint, *Turpentine* a pound unwrought, wax half a pound, *Rosena* quarter of a pound, sheeps suet two pounds, then take of *Orpiment*, *Smallage*, *Ragwort*, *Plantain*, and *Stewort*, of each a good handfull, chop all these herbs very small and boyl them in a pan altogether upon a soaking fire, and stir them exceeding much, until they be well incorporated together, then take it from the fire and strain al through a strong canvass cloath into cleane pots, or glasses, and use it as your occasion shall serve, either to annoint, teint, or plaister.

Or otherwise take *Popler* buds, and *Elder* buds, stamp and strain them, then put thereto a little Venice Turpentine, Waxe, and *Resin*, and so boyl them together, and therewith dress the sore, or else take two handfulls of plantain leaves, bray them small and strain out the juyce then put to it as much womans milk, a spoonfull of hony, a yolk of an egge, and as much wheat flower as you think will bring it to a salve, then make a plaister thereof and lay it unto the sore, renewing it once in four and twenty hours. Ulcers and sores.
A salve for any old sore.

Take an ounce of *Unguentum Apostolorum*, and an ounce of *Unguentum Egyptianum*, and put them together in a pot, being first wel wrought together in a bladder, and if the flesh be weak, put into it a little fine white Sugar, and therewith dress the sore, or otherwise take onely *Precipitate* in fine powder, and strew it on the sore. To take away dead flesh.

Take a gallon of Smiths steak water, two handfulls of Sage, a pint of hony, a quart of Ale, two ounces of Allomé, and a little white copperas, seeth them altogether till half be consumed, then strain it, and put it into a cleane vessell, and therewith wash the A water for a sore.

fore. Or otherwise take cleane running water, and put therein *roch-allom*, and *madder*, and let them boyl till the *allom* and the *madder* be consumed, then take the clearer of the water, and therewith wash the fore.

Or else take *Sage*, *Fennell*, *cinquefoyl*, of each a good handfull, boyl them in a gallon of running water till they be tender, then strain the liquor from the herbs and put it to a quarter of a pound of roch *Allom*, and let it seeth againe a little till the *allom* be melted, then take it from the fire and use it thus: dip lint in it, warm, and lay it to the fore, and if it be hollow, apply more lint then make a little bolster of linnen cloath, and wet it well in the water, then wring out the water, and so bind on the bolster close.

A black plaster to heal old sores and kill inflammations.

Take a pint of salter oyl and put into it fixe ounces of red lead, and a little cerusse or white Lead, then set it over a gentle fire, and let it boyl a long season, stirring it well till it be stiff, which you shall try in this order; let it drop from your stick or slice upon the bottom of a saucer, & so stand untill it be cold and then if it be well boyled, it will be stiff and very black; then rake it off and let it stand a little, and after strain it through a cloth into a Bason, but first annoint the Bason with salter oyl, and also your fingers, and so make it up into roubles plasterwise, & spread it, and apply it as occasion shall serve.

An Oyntment to ripen sores.

Take *mallows* and *beets*, and seeth them in Water, then dry away the water from them, and beat the herbs well with old Boares greafe, and so apply it unto the apostume hot.

For the stinging by any venomous thing.
For a venom.

Take a handfull of *Rue*, and stamp it with rusty Bacon till it come to a perfect salve, and therewith dresse the sore till it be whole.

If the party be outwardly venomd, take *Sage*, and bruise it well and apply it unto the sore, renewing it at least twice a day; but if he be inwardly, then let the party drink the juice of *Sage*, either in Wine or Ale morning and evening.

For a ringworm.

Take *Celandine* early in the morning, and bruise it well and then apply it to the sore, and renew it twice or thrice a day.

Take of *Campheire* one dram, of *Quicksilver* four pennyworth killed

killed well with vinegar, then mixe it with two penny worth of *Oyl de bay*, and therewith anoint the body. Or otherwise, take red Onions, and seeth them in running water a good while; then bruiſe the Onions small, and with the Water they were sodden in, strain them in, and then wash the infected place with the same.

Take a great quantity of the hearb *Bennet*, and as much of red *nettlies*, pound them well, and strain them, and with the juyce wash the Patient naked before the fire, and so let it drink in, and wash him again, and do so divers dayes till he be whole. For the dried scab.

Take a penniworth of white *copperas*, and as much green *copperas*, a quarter of an ounce of white *Mercury* a half penniworth of *allom*, and burn it, and set all over the fire with a pint of fair water, and a quarter of a pint of wine vinegar, boyl all these together till they come to half a pint, and then anoint the sore therewith. To kill the Itch.

Take *Barrowes* grease a pretty quantity, and take an apple and pare it, and take the coar clean out, then chop your apple and your *Barrowes* grease together, and set it over the fire that it may melt, but not boyl; then take it from the fire, and put thereto a pretty quantity of rose water, and stir all together till it be cold, and keep it in a clean vessell, and then anoint the face therewith. To take away the skars of the final pox.

Take quick silver & kill it with sifting spittle; then take *verdigrease*, *Arabick Turpentine*, *Oyle Olive*, and *populion*, and mix them together to one intire oyntment, and anoint the sores therewith, and keep the party exceeding warm. Or otherwise, take of *allom* burned, of *Rosin*, *Frankincense*, *populion*, *Oyl of Rises*, *Oyl de bay*, *Oyl olive*, green *Copperas*, *Verdigrease*, *White Lead*, *Mercury sublimare*, of each a pretty quantity, but of *allom* most; then beat to powder the simples that are hard, and melt your Oyls, and cast in your powder, and stir all well together; then strain them through a cloath, & apply it warm to the sores; or else, take of *Caponsgrease* that hath toucht no water, the juyce of *ruce*, and the fine powder of *pepper*, and mix them together to an oyntment, and apply it round about the sores, but let it not come into the sores; and will dry them up. For the french or Spanish Pox.

To put out
the French or
Spanish pox.

Take of *Treacle* half a penny worth, of long *Pepper* as much, and of *graines* as much, a little *Ginger*, and a little quantity of *Licorice*, warm them with strong *Ale*, and let the party drink it off, and lie down in his bed and take a good sweat; and then when the sores arise, use some of the ointment before rehearsed.

To make the
scabs of the
French pox.
to fall away.

Take the juyce of red *Fennell*, and the juyce of *Seagreen* and *Stone-hony*, and mixe them very well together till it be thick, and with it anoint the party; but before you do anoynt him, you shall make this water. Take *Sage* and seeth it in very fair water from a gallon to a pottle, and put therein a quantity of hony and some allom, and let them boyl a little together; when you have strained the hearbs from the water; then put in your hony and your allom, and therewith wash the pox first, and let it dry in well, and then lay on the aforesaid ointment.

Additions to
green wounds

Take the oyl of the white of an egg, wheat flower, a little hony, and *Venice Turpentine*, take and stirre all these together and so use it about the wound, but not within; and if the wound do bleed then add to this salve a little quantity of *Bolearmeniack*;

A defensive
for a green
wound.

Take *Opoponax* and *Galbanum* of each an ounce, *Amonianum*, and *Bedlins*, of each two ounces, of *Lethargy* of gold one pound and an half, new wax half a pound, *Lapis Calaminaris* one ounce, *Turpentine* four ounces, *Myrrhe* two ounces, oyl of bay one ounce, *Thusse* one ounce, *Aristolochia* roots two ounces, oyl of *Roses* two ounces, *salter-oil* two pound, all the hard *Simples* must be beaten to fine powder & searsed; take also three pints of right *Wine vinegar*, and put your four gums into the vinegar a whole day before, till the gums be dissolved, then set it over the fire and let it boyl very softly, untill your vinegar be as good as boyled away; then take an Earthen pot with a wide mouth, and put your oyl in, and your wax, but your Wax must be scraped before you put it in; then by a little at once put in your *Lethargy*, and stir it exceedingly then put in all your gums and all the rest, but let your *Turpentine* be last; and so let it boyl till you see it grow to be thick; then pour it into a Basen of water, and work it with oyl of *Roses* for sticking unto your hands, and make it up in roubles plaister-wise and he re is to be noted, that your oyl of *Roses* must

A salve for a
green wound.

not be boyled with the rest, but after it is taken from the fire a little before the *Turpentine*.

Take three good handfulls of Sage, and as much of Honi-
fuckle leaves, and the flowers clean picked; then take one
pound of Roch Allom, and a quarter of a pound of right En-
glish honey clarified, half a penniworth of grains, and
two gallons of running Water; then put all the said
things into the water, and let them seeth till half be
consumed; then take it from the fire till it be almost cold,
and strain it through a clean cloath, and put it up in a glass,
& then either, on teint or pleagant, use it as you have occasion.

A water to
heal any green
wound, cur, or
fore.

Take a quart of Rieflower and temper it with running
water, and make dough thereof, then according to the bigness
of the wound lay it within the defensive plaister before re-
hearsed, over it, and every dressing make it less and less till the
wound be closed.

To staunch
blood, and
draw sinews
together.

Take a quart of Neats foot oyl, a quart of Oxe gals, a quart
of Aquavitz, a quart of Rose water, a handful of Rosemary
strips, and boyl all these together till half be consumed, then
press and strain it, and use it according as you find occasion.

A made Oyl
for shrinking
sinews.

Take hony, pitch, and butter, and seeth them together, and
anoint the hurt against the fire, and tent the Sore with the
same.

For a wound
in the guts.

Take *groundfil* and stamp it, and seeth it with sweet milk
till it be thick, then temper it with black sope, and lay it to
the fore.

For pricking
with a thorn.

Take *Rosin* a quarter of a pound, of *waxe* three ounces, of
Oyl of Roses one ounce and a half, seeth all them together in
a pint of white Wine till it come to skimming; then take it
from the fire, and put thereto two ounces of *Venice Turpentine*
and apply it to the wound or fore.

To gather
flesh in
wounds.

Take *Mustard* made with strong vinegar, the crums of
brown bread, with a quantity of hony and fixe figs mixt,
temper all together well, and lay it upon a cloath plaister-
wise; put a thin cloath between the plaister and the flesh, and
lay it to the place grieved, as oft as need requires.

Additions for
ache or swell-
ings.

Take a pound of fine *Rosin*, of *oyl de bay* two ounces, of
Populion as much, of *Frankincense* half a pound, of *Oyl of Spike*

A yellow scar
cloth for any
pain or swell-
ing.

two

two ounces, of Oyl of Cammille two ounces, of Oyle of Roses two ounces, of Wax half a pound, of Turpentine a quarter of a pound, melle them and stirr them well together, and then dip linnen cloths therein, and apply the Sear-cloath as you shal have occasion: and note, the more oyle you use the more supple the Sear cloath is, and the lesse oyl, the stiffer it will be.

For bruises
swelled.

Take a litle black sope, salt, and hony, and beat them wel together, and spreā d it upon a brown paper, and appl y it to the bruise.

For swelled
legs.

Take Mallows and seeth them in the dregs of good Ale or Milk, and make a playster thereof, and apply it to the place swelled.

For any ache.

Take, in the moneth of May, Henbane, and bruise it wel, and put it into an earthen pōt, and put thereto a pint of Sallet oyl, and set it in the Sun til it beal one substance, then annoint the ache therewith.

A plaister for
any pain in
the joints.

Take half a pound of unwrought waxe, as much Rosin, one ounce of galbannum a quarter of a pound of leshargy of gold, three quarters of white Lead, beaten to powder and least ; then take a pint of Neates-foot oyle and set it on the fire in a small vessell which may contain the rest, and when it is al moulten then put in the powders, and stir it fast with a llice and try le upon the bottome of a saucer, when it beginneth to be somewhat hard ; then take it from the fire, and annoint a fair board with Neatesfoot oyle, and as you may handle it for heat, work it up in roubles, & it will keep five or sixe years, being wrapped up close in paper and when you will use it spread of it thin upon new Lockram or Leather somewhat bigger then the grief, and so if the grief remove follow it, renewing it morning and evening, and let it be somewhat warm when it is laid on, and beware of taking cold, and drinking hot wines.

For bones out
of joint, or
sinews sprung
or sprained.

Take four or five yolks of eggs hard sodden or roasted, and take the branches of great Mortell, and the berries in Summer, and in the winter the roots, and bray all well together in a mortar with sheeps milk, and then frye it untill it be very thick, and so make a playster thereof and lay it about the fore

fore, and it will take away both paine and swelling.

Take a gallon of standing Lye, put to it of Plantaine A bathe for
and Knot-grasse. of each two handful, of wormwood and broken jointes.
Comfrey, of each a handful, and boyle all these together in
the lye a good while, and when it is luke warm, bath the
broken member therewith, and take the buds of the Elder
gathered in *March*, and strip it downward, and a little boyle
them in water, then eat them in Oyl, and a very little vine vi-
negar, a good quantity at a time in the morning, ever be-
fore meat, or an hour before the Patient go to dinner, and it
much avails to the knitting of bones.

Take *Rosemary*, *Fetherfew*, *Organe*, *Pellitory* of the wal, A general
Fennell, *Mallows*, *Violet leaves* and *Nettles*, boyle all these to- bath for clea-
gether, and when it is well sodden, put to it two or three ring the skin,
gallons of milk, then let the party stand or sit in it an hour or and comfort-
two, the bath reaching up to the stomach, and when they come ing the body.
out, they must go to bed and sweat, and beware taking col-
cold.

A Sovereign
help for broken
bones.

Make a playster of wheat flowre, and the whites of egges,
and spread it on a double linnen cloath, and lay the playster
on an even board, and lay the broken limb thereon, and set
it even according to nature, and lay the playster about it
and splint it, and give him to drink *Knitwort*, the juyce there-
of twice and no more, for the third time it will unknit, but
give him to drink nine dayes, each day the juyce of *Comfrey*
Daisies, and *Osmund* in stale Ale, and it shall knit it, and let
the foresaid playster lye to, & none dayes at the least and when
you take it away do thus, take *Horehound*, red *fennell*,
Houndstongue, *Walwort*, and *Pellitory*, and seeth them, then un-
role the member, and take away the splints, and then bathe the
linnen and the playster about the member in this bath, till it
have soakt so long that it come gently away of itselfe, then
take the foresaid playster and lay thereto five or sixe dayes
very hot, and let each playster lye a day and a night, and al-
waies splint it well and after cherish it with the oynments
before rehearsed for broken bones, and keep the party from
unwholsome meats and drinks till he be whole: and if the
hurt be on his arme, let him bear a ball of greene herbes

in..

in his hand to prevent the shrinking of the hand and fingers.

For any fever. Take *Sage, Ragwort, Yarrow, unset Leeker*, of each alike quantity, stamp them with Bay salt, and apply them to the wrists of the hands.

To expel heat in a fever. Blanch Almonds in the cold water, and make milke of them (but it must not seeth) then put to it Sugar, and in the extremity of heat, see that you drink thereof.

The royal medicine for fevers. Take three spoonfulls of Ale, and a little Saffron, and bruise and strain it thereto, then adde a quarter of a spoonfull of fine *Treacle*, and mixe altogether, and drink it when the fit comes,

Another. Take two roots of *Crow-foot* that growes in a marsh ground, which have no little rootes about them, to the number of twenty or more, and a little of the Earth, that is about them, and do not wash them, and adde a little quantity of *Salt*, and mixe all well together, and lay it on linnen cloaths, and bind it about your thumbs, betwixt the first and the neather joynt, and let it lye nine dayes unremoved, and it will expel the Fever.

An approved Medicine for the greatest Lask.

For Flix.

Take a right *Pommaren*, the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinne and the core, and use onely the pap, and the like quantity of *Chalk* finely scraped, mixe them both together upon a trencher before the fire, and work them well to a plaister; then spread it upon a linnen cloath warmed very hot as may be suffered, and so bind it unto the navill for twenty four hours, use this medicine twice or thrice or more untill the Lask be staied.

Of Oyle of Swallowes.

To make the Oyl of Swallowes, take *Lavender-cotten, Spike-Knot-grasse, Ribwort, Balm, Valerian, Rosemary tops, Woodbine tops, Vine strings, French mallowes, the tops of Alecost,*
Straw

Strawberry strings, Tuisan, Plantain, Walnut tree leaves, the tops of young Beets, Iſop, Violet leaves, Sage of vertue, fine Roman Wormwood, of each of them a handfull, Camomile and Red-roses of each two handfull, twenty quick Swallowes, and beat them altogether in a morter, and put to them a quart of Neatsfoot oyl or May butter, and grind them all well together with two ounces of Cloves well beaten; then put them altogether in an earthen pot and stop it very close that no air come into it, and set it nine daies in a Cellar or cold place then open your pot, and put into it halfa pound of white or yellow wax cut very small, and a pint of oyl or butter; then set your pot close stopped into a pan of water, and let it boyl six or eight hours, and then strain it: this Oyl is exceeding soveraign for any broken bones, bones out of joint, or any paine or grief either in the bones or sinewes.

To make oyle of Camomile, take a quart of *sallet Oyle* and put it into a glasse, then take a handfull of Camomile and bruise it, and put into the Oyl, and let them stand in the same, twelve daies; onely thou must shift it every three daies that is, to strain it from the old Camomile, and put in as much of new, and that oyle is very soveraign for any grief, proceeding from cold causes.

To make oil
of Camomile.

To make Oyle of Lavender, take a pint of *Sallet oyle* and putt it into a glasse, then put to it a handfull of Lavender, and let it stand in the same twelve daies, and use it in all respects as you did your oyle of Camomile.

To make oile
of Lavender.

To make an Oyle which shall make the skinne of the hands very smooth, take *Almonds* and beat them to Oyle, then take whole Cloves, and put them both together into a glasse, and set it in the Sun five or six daies, then strain it, and with the same anoint your hands every night when you go to bed, or otherwise as you have convenient leisure.

To make
smooth hands

To make that Soveraign water, which was first invented by Dr. Stevens, in the same forme as he delivered the Receipt to the Arch-bishop of Canterbury, a little before the death of the said Doctor. Take a gallon of good Gascoyn wine, then take Ginger, Galingale, Cinamon, Nutmegs, Graines, Cloves bruised, Fennel-seedes, Carraway-seeds, Origanum,

To make Dr.
Stevens water.

of.

of every of them a like quantity, that is to ſay, a dram: then take ſage, wild marjoram, penny-royal, mint, red roſes, tyme, pellitory, roſemary, wild time, cammomile, lavender, of each of them a handfull then bray the ſpices ſmall and bruife the herbs, and put all into the wine, and let it ſtand ſo twelve hours, onely ſtirre it divers times, then diſtil it by a Lymbecke, and keep the firſt water by it ſelf, for that is the beſt, then keep the ſecond water, for that is good, and for the laſt, neglect it not, for it is very whoſome though the worſt of the three. Now for the vertue of this water, it is this: it comforteth the ſpirits and vital parts, and helpeth all inward diſeaſes that cometh of cold; it is good againſt the ſhaking of the palsie, and cureth the contraction of ſinewes, and helpeth the conception of women that be barren, it killeth the wormes in the body, it cureth the cold cough, it helpeth the tooth-ach, it comforteth the ſtomack, and cureth the old dropſie, it helpeth the ſtone in the Bladder, and in the Reines, it helpeth a ſtinking breath: and whoſoever uſeth this water moderately, and not too often, it preſerveth him in good liking, and will make him ſeem young in old age. With this Water Doctor Stevens preſerved his owne life untill ſuch extream age, that he could neither go nor ride, and he continued his life being bed-rid five years, when other Phyſicians did judge he could not live one year, when he did confeſſe a little before his death, ſaying that if he were ſick at any time, he never uſed any thing but this water onely; and alſo the Arch-biſhop of Canſterbury uſed it, and found ſuch goodneſſe in it, that he lived till he was not able to drink out of a cup, but ſucked his drink through a hollow pipe of ſilver.

This water will be much the better if it be ſet in the Sun.

A reſtorative
of Roſaſolis.

To make a *cordial roſaſolis*, take *roſaſolis*, and in any wiſe, touch not the leaves thereof in the gathering, nor waſh it; take thereof four good handfulls, then take two good pints of Aquavitz, and put them both in a glaſſe, or pewter pot of three or four pints. and then ſtop the ſame hard and juſt, and ſo let it ſtand three dayes and three nights, and the third day

day straine it through a clean cloath into another glasse or pewter pot, and put thereto half a pound of Sugar beaten smal, four ounces of fine Lycoras beaten into powder, halfe a pound of sound Dates, the stones being taken out, and cut them and make them clean, and then mincethem smal, and mixe all these together, and stop the glasse or pot close and just, and after distil it through a lymbeck, then drink of it at night to bedward halfe a spoonful with ale or beere, but Ale is the better, as much in the morning fasting, for there is not the weakest body in the world that wanteth nature or strength, or that is in a *consumption*, but it will restore him again, and cause him to be strong and lusty, and to have a marvellous hungry stomack, provided alwaies that this *rosa-solis* be gathered (if possible) at the full of the Moon, when the Sun shineth before noon, and let the roots of them be cut away.

Take the flowres of roses or violets, and break them small and put them into sallet Oyle, and let them stand in the same ten or twelve dayes, and then presse it. Or otherwise take a quart of Oyle Olive, and put thereof six spoonfulls of cleane water, and stirre it well with a slice, till it waxe as white as milke; then take two pound of red rose leaves, and cut the white of the ends of the leaves away, & put the roses into the Oyle, and then put it into a double glasse, and set it in the Sun all the Summer time, and it is soveraign for any scalding or burning with water proyle.

Additions to the Oyle.
To make oyle of Roses or Violets.

Or else take red roses new plucked a pound or two, and cut the white ends of the leaves away, then take *May butter* and melt it over the fire with two pound of Oyl olive, and when it is clarified, put in your roses, and put it all in a vessel of glasse or of earth, and stop it well about, that no air enter in or out, and set it in another vessel with water, and let it boyl half a day or more, and then take it forth and strain or press it through a cloth, and put it into glasse bottles, this is good for all manner of unkind heats.

Take two or three pound of *Nutmegs*, and cut them small and bruise them well, then put them into a pan and beat them, and stir them about, which done, put them into
canvass

To make Oyl of Nutmegs.

canvass or strong linnen baggs, and close them in a presse and presse them, and get out all the liquor of them, which will be like *manna*; then scrape it from the canvass bag as much as you can with a knife; then put it into some vessel or glasse, and stop it well, but set it not in the Sun, for it will wax cleane of it self within 10 or 15 dayes, and it is worth thrice so much as the Nutmegs themselves, and the oyl hath very great vertue in comforting the stomach and inward parts, and asswaging the pain of the *mother* and *Sciatica*.

To make perfect oile of Spike.

Take the flowres of Spike and wash them onely in *Oyle olive*, and then stamp them well, then put them in a canvas bag, and presse them in a presse as hard as you can, and take that which commeth out carefully, and put it into a strong vessel of glasse, and set it not in the Sun, for it will cleare of it selfe, and wax fair and bright, and will have a very sharp odor of the *Spike*; and thus you may make oyl of other herbs of like nature, as *Lavender*, *Camomile*, and such like.

To make oile of Mastick.

Take an ounce of *Mastick*, and an ounce of *Olibanum* pounded as small as is possible, and boyl them in *Oyl-olive* (a quart to a third part;) then presse it and put it into a glasse, and after ten or twelve dayes it will be perfect: it is exceeding good for any cold grief.

Thus having in a summary manner passed over all the most Physicall and Chyrurgicall notes which burthen the mind of our *English House-wife*, being as much as is needfull for the preservation of the health of her family; and having in this Chapter shewed all the inward vertues wherewith she should be adorned: I will now return unto her more outward and active knowledges, wherein albeit the mind be as much occupied as before, yet is the body a great deal more in use: neither can the work be well effected by rule or direction.



*The English Housewives Skill in
Cookery.*

CHAP. I.

*Of the outward and active Knowledge of the Housewife, and of
her skill in Cookery, as Sallets of all sorts, with flesh, Fish,
Sances, Pastry, Banqueting-stuff and ordering of
great feasts.*

HO speak then of the outward and active knowledges which belong unto our English Housewife, I hold the first and most principall to be, a perfect skill and knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty really belonging to woman; and she that is utterly ignorant therein, may not by Lawes of strict Justice, challenge the freedome of Marriage, because indeed she can then but perform halfe her vow; for she may love and obey, but she cannot cherish, serve, and keep him with that true duty which is ever expected.

To proceed then to this knowledge of Cookery, you shall understand that the first step thereunto is, to have knowledge of all sorts of herbs belonging unto the Kitchen, whether they be for the Pot, for Sallets, for Sances, for servings, or for any other seasoning or adorning: which skill of knowledge of the Herbs, she must get by her own true labour & experience and not by my relation, which would be much too tedious; and for the use of them, She shall see it in the composition of dishes and meat hereafter following. She shall also know the time of the year, moneth, and Moon, in which all Herbs are to be sown; and when they are in their best flourish-
E
rishing

She must
know all
Herbs.

rishing, that gathering all herbs in their height of goodnesse, she may have the prime use of the same. And because I will inable and not burden her Memory, I will here give her a short Epitome of all that knowledge.

Herskill in
the Garden.

First then, let our English House-wife know, that she may at all times of the moneth and Moon generally sow *Asparagus*, *Colworts*, *Spinage*, *Lettice*, *Parsnips*, *Radish*, and *Chives*.

In February, in the new of the Moon, she may sow *Spyke*, *Garlick*, *Borage*, *Buglose*, *Chervile*, *Coriander* Gourds, *Cresses*, *Marjoram*, *Palma Christi*, *Flower gentle*, *white poppy*, *purslan*, *Radish*, *Rocket*, *Rosemary*, *Sorrel*, *Double Marigolds* and *Tyme*. The Moon full she may sow *Annisfeed*, *Musked Violets*, *Beets*, *Skyrrits*, *White Succory*, *Fennell*, and *Parsley*. The Moon old, sow *Holythistle*, *cole Cabadge*, *white Cole*, *green Cole*, *Cucumbers*, *Harts Horn*, *Dyers Grain*, *Cabbage*, *Lettice*, *Mellions*, *Onions*, *Parsnips*, *Larkes*, *Heel*, *Burnet*, and *Leeks*.

In March, the Moon new, sow *Garlick*, *Borrage*, *Bugloss*, *Chervile*, *Coriander*, *Gourds*, *Marjoram*, *white poppy*, *Purslan*, *Radish*, *Sorrel*, *double Marigolds*, *Tyme*, *Violets*. At the full Moon, *Annisfeed*, *Beets*, *Skyrrits*, *Succory*, *Fennell*, *Apples of Love*, and *Marvellous Apples*. At the waine, *Artichokes*, *Basill*, *Blessed-thistle*, *Cole Cabbadge*, *white Cole*, *Green cole*, *citrons*, *Cucumbers*, *Harts-horn*, *Samphire*, *Spinage*, *Gilliflowers*, *Isop*, *Cabbage*, *Lettice*, *Mellons*, *Mugrets*, *Onions*, *Flower Gentill*, *Burnet*, *Leekes*, and *Savory*. In May, the Moon old, sow *blessed thistle*. In June, the Moon new, sow *gourds* and *Radishes*. The moon old, sow *cucumbers*, *Mellons*, *Parsnips*. In July, the Moon at full, sow *white succory*; and the moon old, sow *Cabbage*, *Lettice*. Lastly, in August, the Moon at the full, sow *white succory*.

Transplant-
ing of herba

Also she must know that Herbs growing of Seeds may be transplanted at all times, except *chervile*, *arage*, *spinage*, and *parsley*, which are not good being once transplanted: observing ever to transplant in moyst and rainy weather.

Choice of
seeds.

Also she must know that the choice of seeds are two fold, of which some grow best being new, as *cucumbers*, and *Leeks*, and

and some being old, as *coriander, parsley, beets, origan, savory, cress, spinage* and *poppy*: you must keep cold *lettice, hartichokes, basil, holy thistle, cabbage, cole, Dyers grain, & mellons*, fifteen dayes after they put forth of the earth.

Also, seeds prosper better being sown in temperate weather than in hot, cold, or dry daies. In the month of *Aprill*, the Moon being new, sow *mayorams, flower-gentle, time, violets*: in the full Moon *apples of love*, and *marvellous apples*: and in the *Waine*, *hartichokes, holy thistle, cabbage, cole, citrons, harts-horn, samphire gillyflowers* and *parsnips*.

Seeds must be gathered in fair weather at the waine of the Moon, and kept some in Boxes of Wood, some in bags of Leather, and some in Vessels of Earth, and after to be well cleansed and dried in the Sun or shadow: other some, as *Onions, Chibols, & Leeks*, must be kept in their husks. Lastly, she must know that it is best to plant in the last quarter of the Moon; to gather grafts in the last but one, and to graft two dayes after the change: and thus much for her knowledge briefly of Herbs, and how she shall have them continually for her use in the Kitchen.

It resteth now that I proceed unto Cookery it self, which is the dressing and ordering of meat, in good and wholesome manner; to which when our *Houswife* shall address her self, she shall well understand that these qualities must ever accompany it: First she must be cleanly both in body & garments, she must have a quick eye, a curious nose, a perfect taste, and ready ear; (she must not be butter-fingred, sweet toothed, nor faint hearted) for the first will let everything fall, the second will consume what it should increase, and the last will lose time with too much nicenesse. Now for the substance of the Art it self, I will divide it into five parts the first, *Sallets* and *Fricases*; the second *boyled Meats* and *Broths*; the third, *Rost meats* and *Carbonadoes*; the fourth *Bak't meats* and *Pies*; and the fifth *Banquetting* and *made dishes*, with other conceits and secrets.

First then to speak of *Sallets*, there be some simple, some compounded, some onely to furnish out the Table, and some both for use and adoration: your simple *Sallets* are *Chibols* plain-
 Of Sallet, simple and
 Of Cookery and the parts thereof.

pilled, washt clean, and half of the green tops cut clean away, so served on a Fruit-dish; or Chives, Scallions, Radish-roots, boyled Carrets, Skirrets, and Turneps, which such like served up simply: also all young Lettice, Cabbage-lettice, Purslane, and divers other herbs which may be served simply without any thing, but a little Vinegar, Sallet Oyl, and Sugar: Onions boyled, and stript from their rinde, and served up with Vinegar, Oyl, and Pepper is a good simple Sallet; so is Camphire, Bean-cods, Sparagus, and Cucumbers, served in likewise with Oyl, Vinegar, and Pepper, with a world of others, too tedious to nominate.

Of compound
Sallets.

Your compound Sallets, are first the young Buds and Knots of all manner of wholsom Herbs at their first springing; as red Sage, Mint, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then served up to the Table with Vinegar, Sallet-Oyl, and Sugar.

Another com-
pound Sallet.

To compound an excellent Sallet, and which indeed is usual at great Feasts, and upon Princes Tables. Take a good quantie of blancht Almond, and with your shredding knif cut them grossely; then take as many Raisins of the Sun clean washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olives, and as many Currants as of all the rest, clean washt; a good handfull of the small tender leaves of red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put unto them Vinegar and Oyl, and scrape more Sugar over all: then take Oranges and Lemmons, and paring away the outward pilles, cut them into thinne slices, then with those slices cover the Sallat all over; which done, take the fine thinne leaf of the red Cole-flower, and with them cover the Oranges and Lemmons all over; then over those Red leaves lay another course of old Olives, and the slices of well-pickled Cucumbers, together with the very inward heart of Cabbage-lettice cut into slices, then adorn the sides of the dish, and the top of the Sallat with more slices of Lemons and Oranges, and so serve it up.

To make an excellent compound boyl'd Sallat: take of
Spinage,

Spinage well washt, two or three handfulls, and put into it fair water, and boyl it till it be exceeding soft, and tender as pap; then put it into a Cullander, and drain the water from it, which done, with the back side of your Chopping knife chop it & bruise it as small as may be; then put it into a Pipkin with a good lump of sweet butter, and boyl it over againe; then take a good handfull of Currants cleane washt, and put to it, and stir them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippets.

An excellent
boyled Saller.

Your preserved Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purslan, Broom, and such like; or preserved with Vinegar, as Violets, Primrose, Cowslips, Gillyflowers, of all kinds, Broom-flowres, and for the most part any wholsom flower whatsoever.

Of preserving
of Sallats.

Now for the pickling of Sallats, they are onely boyled and then drained from the water, spread upon a table, and good store of salt thrown over them, then when they are thorough cold, make a pickle with water, salt, and a little vinegar, and with the same, pot them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving of Sallats; you shall take any of the flowers before sayd, after they have been pickt cleane from their stalkes, and the white ends (of them which have any) cleane cut away, and washt and dried, and taking a glasse pot, like a Gally-pot, or for want thereof a gally-pot it self, and first strew a little Sugar in the bottome; then lay a layer of the Flowers, then cover that layer over with Sugar, then lay another layer of the Flowres, and another of Sugar; and thus doe one above another till the pot be filled, ever and anon pressing them hard downe with your hand: this done you shall take of the best and sharpest vinegar you can get (and if the vinegar be distilled vinegar, the flowres will keep their colours the better) and with it fill up your pot till the vinegar swim aloft, and no more can be received; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they wil last all the year.

The making
of Strange
Sallets.

Now for the compounding of Sallets of these pickled and preserved things, though they may be served up simply of themselves, and are both good and dainty; yet for better curiosity, and the finer adorning of the table, you shall thus use them. First, if you would set forth any red flower that you know or have seen, you shall take your pots of preserved Gilliflowers, and futing the colours answerable to the flower you shall proportion it forth, and lay the shape of the Flower in a Fruit dish; then with your purslane leaves make the green Coffin of the Flower, and with the Purslane stalks make the stalk of the flower, and the divisions of the leaves and branches; then with the thinne slices of Cucumbers make their leaves in true proportions, jagged or otherwise: and thus you may set forth some full blown, some halfe blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroses and Cowslips, if blew flower, then the pots of Violets, or Buglosse flowers; and these Sallets are both for shew and use; for they are more excellent for taste then for to look on.

Sallets for
shew only.

Now for Sallets for shew onely, and the adorning and setting out of a table with number of dishes, they be those which are made of Carret roots of sundry colours well boyld and cut into many shapes and proportions, as some into knots, some in the manner of Scutcheons and Armes, some like Birds, and some like Wild Beasts, according to the Art and cunning of the Workman; and these for the most part are seasoned with vinegar, Oyl, and a little Pepper. A world of other Sallets there are, which time and experience may bring to our Houſ-wives eye, but the composition of them, and the serving of them differeth nothing from these already rehearsed.

Of Fricases
and Quel-
quechofes.

Now to proceed to your Fricases, or Quelquechofes, which are dishes of many compositions, and ingredients, as Flesh, Fish, Eggs, Herbs, and many other things, all being prepared and made ready in a frying pan, they are likewise of two sorts, simple and compound.

Of simple
Fricases.

Your simple Fricas are Egges and Collops fyled, whether the

the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is so ordinary, that it needeth not any relation, or the frying of any Flesh or Fish simple of it self with butter or sweet Oyl.

To have the best Collops and Egges, you shall take the whitest and youngest Bacon, and cutting away the sward, cut the Collops into thinne slices, lay them in a dish, and put hot water unto them, and so let them stand an hour or two, for that will take away the extreame saltneffe; then drain away the water clean, and put them in a dry pewter dish, and lay them one by one, and set them before the heat of the fire, so as they may toast; and turn them so, as they may toast sufficiently thorow and thorow: which done, take your Egges and break them into a dish, and put a spoonfull of Vinegar unto them: then set on a clean Skillet with fair water on the fire, and as soon as the water boyleth put in the Egges, and let them take a boyl or two; then with a spoon try if they be hard enough, and then take them up and trim them, and dry them, and then dishing up the Collops, lay the Egges upon them, and so serve them up: and in this sort you may poach Egges when you please, for it is the best and most wholesome.

Now the compound Fricases are those which consist of many things, as Tanfies, Fritters, Pancakes, and any Quelque-chose whatsoever, being things of great request and estimation in *France*, *Spaine*, and *Italy*, and the most curious Nations.

First then for making the best Tanfie, you shall take a certaine number of Egges, according to the bignesse of your Fry- ing panne, and break them into a dish, abating ever the white of every third Egge: then with a spoon you shall cleanse away the little white Chicken knots which stick unto the yolkes; then with a litle Cream beat them exceedingly together: then take of green Wheat blades, *Violet leaves*, *Strawberry leaves*, *Spinage*, and *Succory*, of each a like quantity, and a few *walnut tree buds*; chop and beat all these very well, and then strain out the juice, and mixing it with a little more Creame, put it to the Egges, and stir all well together; then

Best Collops
and eg gs.

Of the com-
pound Frica-
les.

To make the
best Tanfey.

put in a few Crums of bread, fine grated bread, Cinamon, Nutmegge, and Salt; then put some sweet Butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansey, and fry it brown without burning, and with a dish turne it in the panne as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before, will make it heavy: Some use to put of the herb Tansey into it, but the Walnut-tree buds doe give the better tast or rellish, and therefore when you please for to use the one, doe not use the other.

The best Fritters.

To make the best Fritters, take a pint of Cream and warm it; then take eight Egges, only abate four of the Whites, and beat them well in a dish, and so mixe them with the Cream: then put in a little *Cloves*, *Mace*, *Nutmeg*, and *Saffron*, and stirre them well together: then put in two spoonfulls of the best Ale barm, and a little Salt, and stirre it again: then make it thick according unto your pleasure with wheat flower; which done, set it within the air of the fire, that it may rise and swell, which when it doth, you shall beat it in once or twice; then put into it a penny pot of Sack: all this being done, you shall take a pound or two of very sweet seame, and put it into a panne, and set it over the fire, and when it is moulten, and begins to bubble, you shall take the *Fritter-batter*, and setting it by you, put thick slices of well pared *Apples* into the *Batter*, and then taking the *Apples* and *Batter* out together with a spoon, put it into the boyling seame, and boyl your *Fritters* crispe and brown. And when you find the strength of your seame consume or decay, you shall renew it with more seame: and of all sorts of seame, that which is made of the Beef-suet is the best and strongest: when you *Fritters* are made, strew good store of Sugar and Cinamon upon them, being salie dish, and so serve them up.

The best Pancakes.

To make the best Pancake, take two or three Egges, and break them into a dish, and beat them well; then adde unto them a pretty quantity of fair running water, and beat all well together: then put in *Cloves*, *Mace*, *Cinamon*, and *Nutmeg*, and season it with salt; which done, make it as thick as you

you think good with fine Wheat-flower : then fry the Cakes as thinne as may be with sweet butter, or sweet seame, and make them brown, and so serve them up with sugar strowed upon them. There be some which mixe Pancakes with new Milk or Cream, but that makes them tough, cloying, and not so crisp, pleasant and savory as running water,

To make the best Veale tosts, take the Kidney, fat and all, Veal tosts. of a loyn of Veale roasted, and shred it as small as is possible; then take a couple of Egges and beat them very well; which done, take Spinnage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and strain out the juice, and mixe it with the Egges: then put it to your Veale, and stirre it exceedingly well in a dish; then put to good store of Currants clean washt and pickt, Cloves, Mace, Cinamon, Nutmeg, Sugar, and Salt, and mixe them all perfectly wel together: then take a manchet & cut it into tosts, and tost them well before the fire; then with a spoon lay upon the tost in a good thickness the Veal, prepared as before said; which done, put into your Frying-pan good store of sweet butter, & when it is well melted and very hot, put your tosts into the same with the bread side upward, and the flesh side downward, and as soon as you see they are fryed brown, lay upon the upper side of the tosts which are bare, more of the flesh meat, and then turne them, and fry that side brown also; then take them out of the panne and dish them up, and strow Sugar upon them, and so serve them forth.

There be some Cookes which will doe this but upon one side of the tosts, but to doe it on both is much better; If you adde Creame it is not amiss.

To make the best Panperdy, take a dosen Egges, and break them, and beat them very well; then put unto them Cloves, To make the best Panperdy. Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thick slices like tostes: which done, take your Frying-panne, and put into it good store of sweet butter, and being melted, lay in your slices of bread, then powr upon them one half of your Egges, then when it is fryed, with a dish turn your slices of bread upward, and then powre on them the other

ther half of your Egges, and so turn them till both sides be brown; then dish it up, and serve it with Sugar strewed upon it.

To make any Quelquechose To make a Quelquechose, which is a mixture of many things together; take the Eggs and break them, and do away one half of the Whites, and after they are beaten put them to a good quantity of sweet Cream, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Marigold-flowers grossely chopt, and beat them all very well together; then take Pigges Petticoes slic'd and grossely chopt, mixe them with the Eggs, and with your hand stirre them exceeding well together; then put sweet butter in your Frying-panne, and being melted, put in all the rest, and fry it brown without burning, ever and anon turning it till it be fryed enough; then dish it up upon a flat plate, and so serve it forth. Onely here is to be observed, that your Petticoes must be very well boyled before you put them into the Fry-casse.

Additions to
the Housewife
Cookery.

And in this manner as you make this Quelquechose, so you may make any other, whether it be of flesh, small Birds, sweet roots, Oysters, Muscles, Cockles, Giblets, Lemons, Oranges or any Fruit, Pulse, or other Sallat herb whatsoever, of which to speak severally were a labour infinite, because they vary with mens opinions. Onely the composition and work is no other than this before prescribed; and who can do these, need no further instruction for the rest. And thus much for *Sallets* and *Fricasces*.

To make Fritters,

To make Fritters another way; take Flower, Milk, Barm, grated bread, small Raisins, Cinamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; stirre all these together very well with a strong spoon, or small ladle, then let it stand more than a quarter of an hour that it may rise; then beat it in again, and thus let it rise and be beat in twice or thrice at least; then take it and bake them in sweet and strong scame, as hath been before shewed, and when they are served up to the table, see you strow upon them good store of Sugar, Cinamon, and Ginger.

To make the
best white
puddings.

Take apint of the best, thickest, and sweetest Cream, and boyl

boyl it, then whilst it is hot, put thereunto a good quantity of great sweet Oatmeale Grots very sweet, and clean pickt, and formerly steeped in milk twelve hours at least, and let it soake in this Creame another night; then put thereto at least eight yolkes of Egges, a little pepper, Cloves, Mace, Saffron; Currants, Dates, Sugar, Salt, and great store of Swines Suet, or for want thereof, great store of Beef suet, and then fill it up in the formes according unto the order of good Housewiferie; and then boyl them on a soft and gentle fire, and as they swell, prick them with a great Pin, or small Awl, to keep them that they burst not; and when you serve them to the Table (*which must not be untill they be a day old*) first boyl them a little, then take them out, and toast them brown before the fire, and so serve them, trimming the edge of the dish either with Salt or Sugar.

Puddings of a
Hogs Liver.

Take the Liver of a fat Hogge, and parboyl it; then shred it small, and later beat it in a Mortar very fine; then mixe it with the thickest and sweetest Cream, and straine it very well through an ordinary strainer: then put thereto six yolkes of Egges and two Whites, and the grated crummes of (near hand) a penny White loave with good store of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the best Swines suet, or Beef-suet, but Beef-suet is the more wholesome, and lesse looting; then after it hath stood a while, fill it into the Farmer, and boyl them as before shewed: and when you serve them unto the table, first boyl them a little, then lay them on a Gridiron over the coales, and broyl them gently, but scorch them not, nor in any wise break their skinner, which is to be prevented by oft turning and tossing them on the Gridiron, and keeping a slow fire.

Take the Yolkes and Whites of a dozen or fourteen Egges, and having beat them very well, put unto them the fine powder of Cloves, Mace, Nutmegges, Sugar, Cinamon, Saffron, and Salt; then take the quantity of two loaves of white grated Bread, Dates (very small shred) and great store of Currants, with good plenty either of Sheeps, Hoggs, or Beef suet beaten and cut small: then when all is mixt and stirred well together, and hath stood a while to settle, then fill it into the

To make
bread puddings.

Farms

Farms, as hath beene before shewed, and in like manner boyl them, cook them, and serve them to the table.

Rice pud-
dings.

Take halfe a pound of Rice, and steep it in new Milk a whole night, and in the morning drain it, and let the Milke drop away, and take a quart of the best, sweetest, and thickest Cream, and put the Rice into it, and boyl it a little; then set it to coole an hour or two, and after put in the Yolkes of halfe a dosen Eggs, a little Pepper, Cloves Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beef-suet wel beaten, and smal shred, and so put it into the farms, and boyl them as before shewed, and serve them after a day old.

Another of
Liver.

Take the best Hogs Liver you can get, and boyl it extreamly, till it be as hard as a stone, then lay it to coole, and being cold, upon a breadgrater grate it all to powder; then sift it through a fine Meale-sive, and put to it the crummes of (at least) two penny loaves of white bread, and boyl all in the thickest and sweetest Cream you have, til it be very thick; then let it coole, and put to it the yolkes of half a dozen Egges, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beef and Swines suet great plenty, then fill it into the Farmes, and boyl them as before shewed.

Puddings of a
Calves Mug-
get.

Take a Calves Mugget, cleane and sweet drest, and boyl it well; then shred it as small as is possible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell, of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugget; then take the yolkes of half a dozen Egges, and three whites, and beat them into it also; and if you finde it is too stiffe, then make it thinner with a little Creame warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinamon, Ginger, Sugar, Currants, Dates and Salt, and work altogether, with casting in little pieces of sweet butter one after another, till it have received good store of butter, then put it up in the Calves-bag, Sheeps-bag, or Horse-bag, and then boyl it wel, and so serve it up.

Take

Take the blood of a Hogge whilst it is warme. and steep ^{A Blooding.} it in quart, or more, of great Oatmeale grots, and at the end of three dayes with your hands take the Grots out of the blood, and draine them clean; then put to those Grots more than a quart of the best Cream warm'd on the fire; then take mother of Time, Parsley, Spinage, Succory, Endive, Sorrel, and Strawberry-leaves, of each a few chopt exceeding small, and mixe them with the Grots; and also a little Fennel-seed, finely beaten, then adde a little Pepper, Cloves and Mace, Salt and great store of suet finely shred, and wel beaten: then therewith fill your Forms, and boyl them, as hath been before described.

Take the largest of your Chines of Pork, and that which ^{Links.} is called a Liff, and first with your knife cut the lean thereof into thinne slices, and then shred small those slices, and then spread it over the bottome of a dish or wooden platter: then take the fat of the Chine and the Liffe, and cut it in the very selfsame manner, and spread it upon the leane, and then cut more leane, and spread it upon the fat, and thus doe one lean upon another, til all the Pork be shred, observing to beginne and end with the lean: then with your sharp Knife scotch it through and through divers wayes, and mixe ~~all~~ wel together: then take good store of Sage, and shred it exceeding small, and mixe it with the flesh; then give it a good season of Pepper and Salt, then take the formes made as long as is possible, and not cut in peeces as for Puddings, and first blow them well to make the meat slip, and then fill them: which done, with threds divide them into several links as you please; then hang them up in the corner of some Chimny clean kept, where they may take air of the fire, and let them dry there at least four dayes before any be eaten; and when they are served up let them be either fryed, or broyled on the Grydiron, or else roasted about a Capon.

It resteth now that we speake of boyl'd meat and broths, ^{Of boyled} which forasmuch as our Housewife is intended to be general, ^{meats ordina-} one that can as well feed the poor as the rich, wee first begin with those ordinary wholesome boyl'd meats which are of use in every good mans house; therefore to make the best ordinary

nary Pottage you shall take a rack of mutton cut into pieces; or a leg of mutton cut into pieces; for this meat, and these joynts are the best although any other joynt or any fresh Beef will likewise make good Pottage; and having washt your meat well, put into a clean pot with fair water, and set it on the fire; then take *Violet leaves, Succory, Strawberry leaves, Spinage, Lang-debeef, Marigold flowers, Scallions,* and a little *Parsly*, and chop them very small together: then take halfe so much Oatmeal well beaten as there is herbs, and mixe it with the hearbs, and chop all very well together, then when the pot is ready to boyl, scum it very well, and then put in your Hearbs, and so let it boyl with a quick fire, stirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbs and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with salt and serve them up with the meat, either with sippets or without.

Pottage without sight of herbs.

Some desire to have their Pottage green, yet no hearbs to be seen, in this case, you must take your hearbs and oatmeal, and after it is chopt put it into a stone-morter, or bowle; and with a wooden pestle beat it exceedingly, then with some of the warm liquor in the pot, strain it as hard as may be, and so put it in and boyl it.

Pottage without herbs.


Others desire to have pottage without any hearbs at all, and then you must onely take Oat-meal beaten and good store of Onions, and put them in, and boyl them together; and thus doing you must take a greater quantity of Oat-meal then before.

Pottage without herbs.

If you will make pottage of the best and daintiest kind, you shall take Mutton Tyeal or Kidde, & having broke the bones but not cut the flesh in pieces, and washt it, put it into a pot with fair water; after it is ready to boyl, and throughly skum'd, you shall put in a good handfull or two of small Oatmeal: and then take whole Lettice, of the best and most inward leaves, whole Spinage, Endive, Succory, & whole leaves Coleflowers or the inward part of white Cabage, with two or three sliced Onions; and put all into the pot, and boyl them well together till the meat be enough, and the Hearbs so soft as may be, and stirr them oft well together: and then season it with Salt, and as much Verjuyce

juyce as will onely turne the tast of the Pottage ; and to serve them up, covering the meat with the whole hearbs, and adorning the dish with sippets.

To make ordinary stewd broth, you shall take a neck of Veal To make ordinary stewd broth. or a leg, or marry-bone of beef, or a pullet, or Mutton, and after the meat is washt, put it into a pot with fair water, and being ready to boyl, skumme it well ; then you shall take a couple of Manchets, and paring away the crust, cut it into thick slices, and lay them in a dish and cover them with hot broth out of the the pot : when they are steapt, put them and some of the broth into a strainer and strain it, and then put it into a pot: then take half a pound of Prunes, half a pound of Raisins and a quarter of a pound of Currants cleane pickt and washt, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stir all well together, and so let them boyl till the meat be enough, then if you will alter the colour of the broth, put in a little Turnfoyl, or red Sanders, and so serve it upon sippets, and the fruit uppermost.

To make an excellent boyled meat,  take four pieces of a rack of Mutton, and wash them clean, and put them into a pot well scoured, with fair water ; then take a good quantity of Wine and Verjuyce, and put it into it ; then slice a handfull of Onions, and put them in also, and so let them boyl a good while, then take a peece of sweet Butter with Ginger and Salt, and put it to also, and then make the broth thick with grated bread, and so serve it forth with sippets. A fine boyld meat.

To boyl a *Mallard* curiously, take the *Mallard* when it is fair dressed, washed and trust, and put it on a spit and roast it till you get the gravy out of it : then take it from the spit and boyl it, then take the best of the broth into a Pipkin, and the gravy which you saved, with a peece of sweet Butter, and Currants Vinegar Pepper, and grated Bread : Thus boyl all these together, and when the *Mallard* is boyled sufficiently, lay it on a dish with sippets, and the broth upon it, and so serve it forth. To boyl a Mallard.

To make an excellent *Oleporride*, which is the only principall :

pall dish of boyled meat which is esteemed in all *Spain*: you shall take a very large vessell pot or Kettle, and filling it with water, you shall set it on the fire, and first put in good thick gobbets of well fed Beef, and being ready to boyl, skum your pot ; when the Beef is half boyled, you shall put in Potato-roots, Turneps and Carrets: also like gobbets of the best Mutton, and the best Pork ; after they have boyled a while : *you shall put in the like gobbets of Venison, red and Fallow if you have them ; then the like gobbets of Veal, Kid, and Lamb a little space after these, the fore parts of a fat Pig, and a cramb'd Pullet : then put in Spinage, Endive, Succory, Marigold leaves and flowers, Lettice, Violet leaves, Strawberry leaves, Buglosse and Scallions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Railes, Black birds, Larkes, Sparrowes, and other small Birds, al being wel and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cinamon, Ginger, and Nutmeg, mixt together in a good quantity of Verjuyce and Salt, and so stir up the pot wel from the bottome. : then dish it up upon great Charges or long Spanish Dishes made in store of sippets in the bottome : then cover the meat all over with Prunes Raisins, Currants, and blanch't Almonds, boyled in a thing by themselves ; then cover the fruit and the whole boyled herbs, and the herbs with slices of Oranges and Lemmons, and lay the roots round about the sides of the dish, and strew good store of Sugar over all, and so serve it forth.

To make the
best white
broth.

To make the best white broth, whether it be with Veal Capon, Chickins or any other fowl or Fish : First boyl the flesh or Fish by it selfe, then take the value of a quart of strong Mutton broth, or sad Kid broth, and put it into a pipkin by it self, & put into it a bunch of Time Marjoram, Spinage, and Endive bound together ; then when it seeths, put in a pretty quantity of Beef-marrow and the marrow of mutton with some whole Mace and a few bruised Cloves ; then put in a pint of White wine with a few whole slices of Ginger ; after these have boyled a while together, take blancht Almonds, and having bearen them together in a moarter with some of the broth, strain them and
put

put it in also ; then in another Pipkin boyl Currants Prunes, Raisins and whole Cinamon in verjuyce and sugar with a few sliced Dates ; and boyl them till the verjuyce be most part consumed, or at least come to sirrup ; then drain the fruit from the sirrup, and if you see it be high coloured, make it white with sweet creame warmed, and so mixe it with your wine broth ; then take out the Capon or the other Flesh or Fish, and dish it up dry in a dish ; then pour the broth upon it, and lay the fruit on the top of the meat, and adorn the side of the dish with very dainty sippets, First Orenge, Lemons and Sugar, and so serve it forth to the table.

To boyl any wild Fowl, *Mallard, Teal, Widgeon*, or such like : First boyl the Fowl by it selfe, then take a quart of strong Mutton-broth, and put it into a pipkin and boyl it ; then put unto it good store of sliced Onions, a bunch of sweet pot-hearbs and a lump of sweet Putter ; after it hath boyled well, season it with verjuyce salt and sugar, and a little whole pepper ; which done, take up your Fowl and break it according to the fashion of carving, and stick a few Cloves about it ; then put it into the broth with *Onions*, and there let it take a boyl or two, and so serve it and the broth forth upon the sippets : some use to thicken it with toasts of bread steept and strained, but that is as please the Cook.

To boyl any
wild Fowl.

To boyl a leg of *Mutton*, or any other joynt of meat what soever; first after you have washt it clean, parboyl it a little, then spit it & give it half a dozen turns before the fire, then draw it when it begins to drop and presse it between two dishes and save the gravy ; then slash it with your knife, and give it half a dozen turns more, and then presse it again, and thus doe as often as you can force any moisture to come from it ; then mixing Mutton, broth, White-Wine, and Verjuyce together, boyl the Mutton therein til it be tender, and that most part of the liquor is clean consumed; then having all that while kept the gravy you toke from the Mutton stewing gently upon a Chaffingdish and coales, you shall add unto it good store of salt, sugar, Cinamon and ginger, with some Lemon slices, and a little of an Orenge-peel, with a few fine white bread crummes: then taking up the *Mutton*, put the remainder of the broth in

To boyle a leg
of Mutton.

and put in likewise the gravy and then serve it up with sippets, laying the Lemmon slices uppermost, and trimming the Dish about with sugar.

If you will boyl Chickens, young Turkeys, Pea-hens, or house fowle daintily ; you shall, after you have trimmed, drawne them, trust them, and washt them, fill their bellies as full of Parsley as they can hold : then boyle them with Salt and Water onely, till they be enough : then take a dish and put into it Verjuyce and Butter, and Salt, and when the Butter is melted take the Parsley out of the Chickens belly, and mince it very small, and put it to the Verjuyce and Butter: and stir it well together ; then lay in the Chickens, and trimme the dish with sippets and so serve it forth.

A broth for
any fresh fish.

If you will make broth with any fresh fish whatsoever, whether it be Pike, Breame, Carpe, Eele, Barbell, or such like : you shall boyl water, verjuyce and Salt together with a handfull of sliced Onyons; then you shall thicken it with two or three spoonfulls of Ale-barm, then put in a good quantity of whole *Barberries*, both branches and others, as also pretty store of *Currants* : then when it is boyled enough, dish up your Fish and powr your broth unto it, laying your fruit and Onyons uppermost. Some to this broth will put *Prunes* and *Dates* slic't, but it is according to the fancy of the cook, or the will of the Householder.

Thus I have from these few presidents shewed you the true Art and making of all sorts of boyled meates, and broths and though men may coin strange names, and faine strange Arts, yet be assured she that can do these, may make any other whatsoever, altering the tast by the alteration of the compounds as she shall see occasions: And when a broath is too sweet, to sharpen it with verjuyce, when too tart to sweeten it with sugar : when flat and wallowish, to quicken it with Orenge and Lemmons ; and when too bitter to make it pleasant with herbs and spices.

Additions to
boyl meats.
A Mallard
smoared, or a
Hare, or old
Cony.

Take a Mallard when it is cleane dressed, washed and trust, and parboyl it in water, till it be skum'd and purified : then take it up, and put it into a pipkin with the neck downward, and the tayl upward, standing, as it were, upright : then fill the
Pipkin

Pipkin half full with that water, in which the Mallard was par-boyled and fill up the other half with white Wine: then pill and slice thin a good quantity of Onyons, and put them in with whole fine herbs, according to the time of the year, as Lettice, Strawberry leaves, Violet-leaves, Vine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard tast, and a pretty quantity of Currants and Dates sliced: then cover it close, and set it on a gentle fire, and let it stew, and smoar till the Herbs and Onyons be soft, and the Mallard enough then take out the Mallard, and carve it as if it were to go to the Table; then to the Broth put a good lump of butter, Sugar, Cynamon; and if it be in Summer, so many Goose berries as will give it a sharp tast; but in the Winter, as much wine vinegar. then heat it on the fire and stir all well together: then lay the Mallard in a dish with sippets, and pour all this broth upon it, then trim the edge of the dish with sugar, and so serve it up. And in this manner you may also smoare the hinder parts of a Hare, or a whole old Cony, being trust up close together.

After your Pike is drest and opened in the back, and laid flat, To stew a pike as if it were to fry, then lay it in a large dish for the purpose, able to receive it; then put as much white wine to it, as will cover it all over; then set it on a chaffing-dish and coales to boyl very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Barbery-berries, and as many Prunes as will serve to garnish the dish, then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lump of sweet Butter; then with a fine skummer, take up the fish, and lay it in a clean dish with sippets, then take a couple of yolks of eggs, the film taken away, and beat them well together with a spoonfull or two of Cream, and as soon as the pike is taken out, put it into the broth and stir it exceedingly, to keep it from curding; then pour the broth upon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barbaries, slices of Orengees or Lemmons, and so serve it up. And thus may you also stew Roches, Gurnets, or almost any sea-fish or fresh fish.

Take a Lambs head and Purtenance, clean washt and pickt, To stew a
Lambs head &
Purtenance. and put it into a Pipkin with fair water, and let it boyl, and

skumme it clean, then put Currants and a few sliced Dates, and a bunch of the best farcing herbs tyed up together, and so let it boyl well till the meat be enough: then take up the Lambs-head and Purtenance, and put it into a clean dish with sippets; then put in a good lump of Butter, and beat the yolks of two eggs with a little Cream, and put it to the broth with Suger, Cynamon, and a spoonfull or two of Verjuyce, and whole Mace, and as many Prunes as will garnish a dish, which should be put in when it is but half boyled, and so pour it upon the Lambs-head and Purtenance; and adorn the sides of the dish with Sugar Prunes, Barberies, Orenge, and Lemmons, &c in no case forget not to season it well with Salt, and to serve it up.

A breist of
Mutton stewd.

Take a very good breist of Mutton chopt into sundry large peeces, and when it is clean washt, put it into a pipkin with fair water, and set it on the fire to boyl; then skum it very well, then put in of the finest parsneps cut into large peeces as long as ones hand, and clean washt & scrapt; then good store of the best Onyons and all manner of sweet pleasant Potherbs and Lettice, all grossely chopt, and good store of Pepper and Salt, and then cover it, and let it stew till the Mutton be enough: then take up the mutton, and lay it in a clean dish with sippets, and to the broth put a little wine vinegar, and so pour it on the mutton with the Parsneps whole, and adorn the sides of the dish with Sugar, and so serve it up. And as you do with the Breist, so you may doe with any other Joynt of Mutton.

To stew a
Neates foot.

Take a Neates Foot that is very well boyled (for the tenderer it is, the better it is) and cleave it in two, and with a clean cloath dry it well from the Souf-drink, then lay it in a deep earthen platter, and cover it with Verjuyce, then set it on a chaffindish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish, then cover it & let it boyl well, many times stirring it up with your knif, for fear it stick to the bottom of the dish; then when it is sufficiently stewed, which will appear by the tendernefs of the meat and softnesse of the fruit, then put in a good lump of Butter, great store of Sugar and Cynamon: and let it boyl a little after: then put it altogether into a clean dish with Sippets, and adorn the sides of the dish with Sugar and Prunes, and so serve it up.

Of Roast-
meats.

To proceed then to roast-meats, it is to be understood, that
in

that in the generall knowledge thereof are to be observed these few rules. First the cleanly keeping and scowring of the spits Observations. and cob-irons: next the neat picking and washing of meat, in roastmeats. before it be spitted, then the spitting and broaching of meat which must be done so strongly and firmly, that the meat may by no meanes either shrink from the spit, or else turn about the spit: & yet ever to observe that the spit doe not go through any principall part of the meat, but such as is of least account and estimation: and if it be birds, or fowle which you spit, then to let the spit go through the hollow of the body of the fowl, and so fasten it with pricks or skewers under the wings about the thighs of the fowl, and at the feet or rump, according to your manner of trussing and dressing them.

Then to know the temperature of fires for every meate, and which have a slow fire, and yet a good one, taking leisure Temperature of fires. in roasting, as chines of Beef, Swans, Turkeys, Peacocks, Bustards, and generally any great large Fowl, or any other Joynts of Mutton, Veal Duck, Kidde, Lamb, or such like: whether it be Venison red or fallow; which indeed would lye long at the fire, and soak well in the roasting, and which would have a quick and sharp fire without scorching; as Piggies, Pullets, Pheasants, Partridges, Quails, and all sorts of middle sized, or lesse fowl, and all small birds, or compound roast meat, as Olives of Veal, Harlets; a pound of butter roasted, or puddings simple of themselves, and many other such like, which indeed would be suddenly and quickly dispatcht, because it is intended in Cookery, that one of these dishes must be made ready whilst the other is in eating. Then to know the Complexions of meats, The complexion of meats. as which must be pale and white roasted, yet thoroughly roasted, as Mutton, Lamb, Kid, Capon, Puller, Pheasant, Partridge, Veal, Quail, & all sorts of middle and small land or water Fowl, and all small birds; which must be so brown roasted, as Beef, Venison, Pork, Swan, Geese, Piggies, Crane, Bustards, and any large Fowl, or other thing whose flesh is black.

Then to know the best basting for meat, which is sweet The best basting of meats; Butter, sweet Oyl, barrell Butter, or fine rendred up seame, with Cynamon, Cloves, and Mace. There be some that will bast onely with Water, and Salt, and nothing else:

The best
dredging.

yet it is but opinion, and that must be the worlds Master al-
waies.

Then the best dredging, which is either fine white-bread-
crums, well grated; or else a little very white meal, and the
crums very well mixt together.

To know
when meat is
enough.

Lastly to know when meat is roasted enough; for as too much
ravenousness is unwholsome, so too much driness is not nourishing.
Therefore to know when it is in the perfect height, and is nei-
ther too moist nor too dry, you shall observe these signs: first, in
your large joynts of meat, when the steam or smoak of the
meat ascendeth, either upright or else goeth from the fire, when
it beginneth a little to shrink from the spit, or when the gravy
which droppeth from it is clear without bloodiness, then is the
meat enough.

If it be a Pigge, when the eyes are fallen out, and the body
leaveth Piping: for the first is when it is half roasted, and would
be singed to make the coat rise, and crackle, and the latter when
it is full enough, and would be drawne: or if it be any kind of
Fowl you roast, when the thighs are tender, or the hinder parts
of the pinions at the setting on of the wings, are without blood,
then be sure that your meat is fully enough roasted: yet for a bet-
ter and more certain assuredness, you may thrust your knife
into the thickest parts of the meat, and draw it out again, and
if it bring out white gravy without any bloodiness, then assu-
redly it is enough, and may be drawn with all speed conveni-
ent, after it hath been well basted with Butter not formerly
melted, then dredging as aforesaid, then basted over the dredging
and so suffered to take two or three turnes, to make crispe the
dredging: Then dish it in a fair dish with salt sprinkled over it,
and so serve it forth. Thus you see the generall form of roasting
all kind of meat: therefore now I will return to some particu-
lar dishes, together with their severall sawces.

Roasting
Mutton with
Oysters.

If you will roast Mutton with Oysters, take a shoulder alone
or a legge and after it is washed, parboyl it a little: then take the
greatest Oysters & having opened them into a dish, drain the gra-
vy clean from them twice or thrice, then parboyl them a little,
then take Spinage, Endive, Succory, Straw berry-leaves, violet
leaves & a little parsly, with some Scallions; chop these very smal
toge-

together, then take your Oysters very dry draind; and mix them with an half part of these hearbs: then take your meat and with these Oysters and hearbs farce or stop it, leaving no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Verjuyce and Butter, and Salt, and set it in a dish on a chaffing-dish and coales: and when it begins to boyl, put in the remainder of your herbs without Oysters and a good quantity of Currants, with Cynamon, and the yolk of a couple of eggs: And after they are well boyled and stirred together, season it up according to your tast with Sugar; then put in a few Lemon slices; the meat being enough draw it, and lay it upon this sawce removed into a clean dish, the edge thereof being trimmed about with Sugar and so serve it forth.

To roast a legg of mutton after an outlandish fashion, you shall take it after it is wash'd, and cut off all the flesh from the bone, leaving onely the outmost skin intirely whole and fast to the bone; then take thick Cream and the yolks of eggs, and beat them exceedingly well together; then put to Cynamon, Mace, and a little Nutmegge, with Salt; then take bread-crummes, finely grated, and searst with good store of Currants, and as you mixe them with the Cream, put in Sugar, and so make it into a good stiffness: Now if you would have it look green, put in the juyce of sweet herbs, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skin of your legge of Mutton in the same shape and form that it was before, and stick the outside of the skinne thick with Cloves, and so roast it thoroughly, and baste it very well, then after it is dredg'd serve it up as a leg of Mutton: with this pudding, for indeed it is no other, you may stop any other joynt of meat, as brest or loine or the belly of any fowl boyled or roast, or Rabbet or any meat else which hath skin or emptiness, If into this pudding also you beat the inward pith of an Oxes back, it is both good in tast, and excellent soveraign for any disease, ach, or flux in the reines whatsoever.

To roast a Gigget of Mutton, which is the legge splatted and half part of the loin together, you shall after it is wash't, stop it with Cloves, so spit it, and lay it to the fire, and tend it well with basting: then you shall take Vinegar, Butter and

To roast a leg
of Mutton o-
therwise.

To roast a
Gigget of
Mutton.

Currants, and set them on a fire in a dish or pipkin; then when it boyles, you shall put in sweet herbs, finely chopt, with the yolk of a couple of Eggs, and so let them boyl together: then the meat being half roasted, you shall pare off some part of the leanest and brownest, then shred it very small; and put it into the pipkin also: then season it up with Sugar, Cinamon, Ginger, and Salt, and so put it into a clean dish, then draw the Gigget of Mutton and lay it on the sauce, and throw salt on the top and so serve it up.

To roast Olives
of Veal.

You shall take of a leg of Veal, and cut the flesh from the bones, and cut it out into thin long slices: then take sweet herbs, and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the slices of Veal, and so spit them and roast them: then boyl Verjuice, Butter, Sugar, Cynamon Currants and sweet herbs together, and being seasoned with a little Salt, serve the Olives up upon the sauce with salt cast over them.

To roast a pig.

To roast a Pigge curiously you shall not scald it, but draw it with the hair on, then having washt it, spit it and lay it to the fire, so as it may not scorch, then being a quarter roasted, and the skinn blistered from the flesh, with your hand pull away the hair and skin, and leave all the fat and flesh perfectly bare: then with your knife scotch all the flesh down to the bones, then baste it exceedingly with sweet Butter and Creame, being no more but warm: then dredge it with fine bread crums, currants, sugar, and salt mixt together; and thus apply dredging upon basting, and basting upon dredging, till you have covered all the flesh a full inch deep: Then the meat being fully roasted, draw it, and serve it up whole.

To roast a
pound of butter
well.

To roast a pound of Butter curiously and well, you shall take a pound of sweet Butter, and beat it stiff with Sugar and the yolks of Eggs; then clap it round-wise about a spit, and lay it before a soft fire, & presently dredge it with the dredging before appointed for the Pig: then as it warmeth or melteth, so apply it with dredging till the Butter be overcome and no more will melt to fall from it: then roast it brown, and so draw it, and serve it out, the dish being as neatly trim'd with Sugar as may be.

To roast a pudding upon a spit you shall mixe the pudding
be-

before spoken of in the leg of Mutton, neither omitting herbs
 or saffron, and put to a little sweet Butter and mixe it very stiff
 then fold it about the spit, and have ready in another dish some
 of the same mixture well seasoned, but a great deal thinner, and
 no Butter at all in it; and when the pudding doth begin to roast,
 and that the butter appears, then with a spoon cover it all over
 with the thinner mixture, and so let it roast: then if you see no
 more Butter appear, then baste it as you did the Pig, and lay more
 of the mixture on, and so continue till all be spent: and then
 roast it brown and so serve it up.

To roast a
 pudding on a
 spit.

If you will roast a chine of Beef, a loyn of mutton, a Ca-
 pon, and a Lark, all at one instant, and at one fire, and have all
 ready together and none burnt, you shall first take your chine
 of Beef and parboyl it more than half through: Then first take
 your Capon, being large and fat, and spit it next the hand of
 the turner, with the leggs from the fire, then spit the chine of
 beef then the Lark, and lastly the loin of Mutton, and place the
 Lark so as it may be covered over with the Beef and the fat part
 of the loin of Mutton, without any part disclosed; then baste your
 Capon, and your loin of mutton with cold water and salt, the
 chine of beef with boyling Lard, then when you see the Beef is
 almost enough, which you shall hasten by scotching and open-
 ing of it, then with a clean cloth you shall wipe the Mutton
 and Capon all over, and then baste it with sweet butter till all be
 enough roasted: then with your knife lay the Lark open, which by
 this time will be stewed between the Beef and Mutton, and baste
 it also with dredge altogether, draw them and serve them up.

To roast a
 chine of Beef,
 Loyn of Mutton
 Lark and
 Capon, at one
 fire and at one
 instant.

If you will roast any venison, after you have washt it & clean-
 sed all the blood from it, you shall stick it with cloves all over
 on the out side; & if it be clean, you shall lard it either with mut-
 ton-lard, or pork lard; but mutton is the best: then spit it & roast
 it by a soaking fire, then take vinegar, bread-crummes, and some
 of the gravy which comes from the venison, and boyl them well
 in a dish: then season it with sugar, Cynamon, ginger and salt, &
 serve the venison forth upon the sawce when it is roasted enough.

To roast Ve-
 nison.

If you will roast a piece of fresh Sturgeon, which is a dainty
 dish, you shall stop it with Cloves, then spit it, and let it roast
 at great leisure, plying it continually with basting, which will
 take

take away the hardnets: then when it is enough, you shall draw it and serve it upon Venison sawce, with salt onely thrown upon it,

The roasting of all sorts of meats differeth nothing but in the fire, speed and leisure, as is aforesaid, except these compound dishes, of which I have given you sufficient pre-fidents, and by them you may perform any work whatsoever: but for the ordering, preparing, and trussing your meat for the spit or table, in that there is much difference: for in all joynts of meat, except a shoulder of Mutton, you shall crush and break the joynts well: from Piggs and Rabbits you shall cut off the feet before you spit them, and the heads when you serve them to the table; and the Pigge you shall chine and divide into two parts: Capons, Pheasants, Chickens, and Turkeys you shall roast with the pinions foulded up, and the legs extended; Hens, Stock-doves, and House-doves, you shall roast with the pinions foulded up and the legs cut off by the knees, and thrust into the bodies: Quails, Partridges and all sorts of small birds shall have their pinions cut away, and the legs extended: all sorts of Water-Fowl shall have thire pinions cut away, and their legges turned backwards: Wood-cockes, Snipes and Stint shall be roasted with their heads and necks on, and their leggs thrust into their bodies, and Shovelers and Bitturns shall have no neckes but their heads onely.

To roast a
Cows udder.

Take a Cowes udder, and first boyl it well: then stick it thick all over with Cloves: then when it is cold spit it, and lay it on the fire, and apply it very well with basting of sweet butter, & when it is sufficiently roasted & brown, then dredge it, and draw it from the fire, take vinegar and butter. and put it on a Chafing dish and coals, and boyl it with White-bread crums, till it be thick: then put to it good store of Sugar & Cinnamon, and putting it in in a clean dish, lay the Cowes Udder therein, and trim the sides of the dish with sugar, and so serve it up.

To roast a
Filet of
Vcal.

Take an excellent good leg of Veal, and cut the thick part thereof, a handfull and more from the Knuckle: then take the thick part (which is the fillet) and farce it in every part all over with Strawberry leaves, Sorrell, Spinage, Endive and
Suc-

Succory grossly chopt together, and good store of Onyons then lay it to the fire and roast it very sufficiently and browne, casting good store of Salt upon it, and basting it well with sweet butter : then take of the former hearbs much finer chopt then they were for farcing & put them into a Pipkin with vinegar and cleane washt Currants, and boyl them well together; then when the hearbs are sufficiently boyl'd and soft, take the yolkes of four very hard boyled Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravy which drops from the Veal, and boyle it over againe, and then put it into a cleane dish, and the fillet being dredged and drawne, lay upon it and trim the side of the dish with Sugar, and so serve it up.

To make an excellent sauce for a rost Capon, you shall take Onyons, and having sliced and pilled them, boyl them in fair water with Pepper, Salt, and a few bread crums : then put unto it a spoonfull or two of Claret wine, the juyce of an Orenge, and three or four slices of Lemon pill : all these shred together, and so powr it upon the Capon being broke up.

To make a sawce for an old Hen or Pullet, take a good quantity of Beer and Salt, and mixe them well together with a few fine bread crummes, and boyl them on a chaffing dish and coales; then take the yolkes of three or foure hard Egges, and being shred small put it to the Beer, and boyl it also; then the Hen being almost enough, take three or foure spoonfulls of the gravy which comes from her, and put it in also, and boyl all together to an indifferent thicknesse : which done, suffer it to boyl no more, but onely to keep it warm on the fire, and put into it the juyce of two or three Orenge, and the slices of Lemmon-pills shred small, & the slices of Orenge having also the upper rind taken away : then the Hen being broken up, take the brains thereof, and shredding them small, put it into the sawce also, and stirring all well together, put it hot into a cleane warme dish, and lay the Hen (broke up) in the same.

The sawce for *Chickens* is divers, according to mens tastes: for some will onely have *Butter*, *Verjuyce*, and a little *Parfly*

Parsley roasted in their bellies mixt together; others will have *Butter*, *Verjuice*, and *Sugar* boyl'd together with toasts of bread and others will have thick *sippets* with the juyce of *forrell* and *sugar* mixt together.

The best sauce for a *Pheasant* is *water* and *Onyons* slic't. *pepper* and a little *salt* mixt together, and but stewed upon the coales, and then powred upon the *Pheasant*, or *Partridge*, being broken up, and some will put thereto the juyce or slices of an *Orange* or *Lemmon*, or both: but it is according to taste, and indeed more proper for *Pheasant* then *Partridge*.

Sauce for a *Quaile*, *Raile*, or any fat big bird, is *Claret wine* and *salt* mixt together with the gravy of the bird, and a few fine bread crummes well boyl'd together, and either a *sage-leaf*, or *bay-leaf* crusht amongst it, according to mens taste.

Sauce for pigeons.

The best sauce for Pigeons, Stockdoves, or such like, is *Vinegar* and *Butter* melted together, and *Parsley* roasted in their bellies, or *Vine-leaves* roasted and mixed well together.

A generall sauce for wild Fowle.

The most generall sauce for ordinary wild-fowle roasted, as *Ducks*, *Mallard*, *Widgeon*, *Teale*, *Snipe*, *Sheldrake*, *Plovers*, *Puets*, *Gulls*, and such like, is onely *Mustard* and *Vinegar*, or *Mustard* and *Verjuice* mixt together; or else an *Onyon*, *Water*, and *Pepper*, and some (especially in the Court) use onely *Butter* melted, and not with any thing else.

Sauce for green Geese.

The best sauce for green Geese is the juyce of *forrell* and *sugar* mixt together with a few scalded *Feberries*, and served upon *sippets*; or else the belly of the green Goose fill'd with *Feberries*, and so roasted: and then the same mixt with *Verjuice*, *Butter*, *Sugar*, and *Cinamon*, and so served upon *sippets*.

Sauce for stubble Geese

The sauce for a stubble Goose is diverse, according to mens minds, for some will take the pap of roasted apples, and mixing it with *vinegar*, boyle them together on the fire with some of the gravy of the Goose, and a few *barberies* and bread crummes, and when it is boyled to a good thicknesse, season it with *sugar* and a little *cinamon*, and so serve it up: some will add a little *Mustard* and *Onyons* unto it, and some will not rost the apples, but pare them and slice them: and that is the neerer way, but not the better. Others will fill the belly of the Goose full of *Onyons* shred, and *Oat-meale-groats*, and being

ing roasted enough, mix it with the gravy of the *Goof*, and sweet hearbs well boyled together, and seasoned with a little Verjuyce.

To make a *Gallantine*, or sauce for a *Swan*, *Bittern*, *Herne*, *A gallantine*, *Crane*, or any large *Foule*, take the blood of the same fowl, and being strid well, boyl it on the fire, then when it comes to be thick, put unto it vinegar a good quantity, with a few fine bread-crummes, and so boyl it over again; then being come to a good thickness, *season it with sugar and cinamon, so as it may taste pretty and sharp upon the cinamon, and then serve it up in saucers as you do Mustard, for this is called a Chander or Gallantine, and is a sauce almost for any Fowl whatsoever.*

To make sauce for a Pig, some take sage and roast it in the belly of the Pig; then boyling Verjuyce, Butter, and Currants together, take and chop the sage small, and mixing the brains of the Pig with it, put all together, and so serve it up. *A sauce for a Pigge.*

To make a sauce for a loyn of Veal, take all kind of sweet Pot hearbs, and chopping them very small with the yolks of two or three Eggs, boyl them in vinegar and butter, with a few bread crummes, and good store of sugar; then season it with sugar and cinamon, and a clove or two crusht, and so powre it upon the Veal, with the slices of Oreniges and Lemons about the dish. *A sauce for Veal.*

Take Oreniges and slice them thin, and put unto them *white Wine and Rose-water*, the powder of Mace, Ginger and Sugar, and set the same upon a chaffing-dish of coals, and when it is half boyl'd, put to it a good lump of butter, and then lay good store of sippets of fine white bread therein, and so serve your Chickens upon them, and trim the sides of the dish with sugar. *Additions unto sauces.*

Take fair water, and set it over the fire: then slice good store of Onions, and put into it, and also Pepper and salt, and good store of the gravy that comes from the Turkey, and boyle them very well together: then put to it a few fine crums of grated bread to thicken it, a very little sugar, and some Vinegar, and so serve it up with the Turkey: or otherwise, take grated white bread and boyl it in white Wine till it be as thick as a Gallantine; in the boyling put in good store of sugar

gar, and Cinamon, and then with a little Turnſole make it of a highmurrey colour, and ſo ſerve it in ſaucers with the Turkey, in manner of Gallantine.

The beſt Gal-
lantine.

Take the blood of a ſwan, or any other great fowl, and put it into a diſh; then take ſtewed prunes, and put them into a ſtrayner, and ſtraine them into the blood; then ſet it on a chafing diſh and coales, and let it boyl; then ſtirre it till it come to be thick, and ſeaſon it very wel with ſugar and cinamon, and ſo ſerve it in ſaucers with the fowl, but this ſauce muſt be ſerved cold.

Sauce for a
Mallard.

Take good ſtore of Onyons, pill them and ſlice them, and put them into vinegar and boyl them very well till they be tender; then put into it a good lump of ſweet butter, and ſeaſon it well with ſugar and cinamon, and ſo ſerve it up with the fowl.

Of carbona-
does.

Charbonadoes, or carbonadoes which is meat broyled upon the coales (and the invention thereof was firſt brought out of France as appeares by the name) are of divers kinds according to mens pleaſures: for there is no meat either boyled or roſted whatſoever, but may afterwards behroyled if the maſter thereof be diſpoſed; yet the generall diſhes which for the moſt part are to be carbonadoed, are, a breſt of mutton half boyled; a ſhoulder of mutton half roſted, the legs, wings, and carkafſes of Capon, Turkey, Goofe, or any other fowl whatſoever, eſpecially Land fowl.

What is to be
carbonadord.

And laſtly, the uttermoſt thick ſkinne which covereth the ribs of beef, and is called (being broyled) the Inns of *Courti-Goofe*, and is indeed a diſh uſed moſt for wantonneſſe, ſometimes to pleaſe the appetite; to which may alſo be added the broyling of Pigs-heads, or the brains of any Fowl whatſoever after it is roaſted and dreſt.

The manner
of carbonado-
ing.

Now for the manner of *Carbonadoing*, it is in this ſort; you ſhall firſt take the meat you muſt *Carbonado*, and ſcotch it both above and below; then ſprinkle good ſtore of ſalt upon it, and baſte it all over with ſweet butter melted; which done, take your *Broiling-iron*, I do not mean a *Grid-iron* (though it be much uſed for this purpoſe) becauſe the ſmoak of the coales, occaſioned by the dropping of the meat, will aſcend about it, and make

make it stinke ; but a *Plait-iron* made with *hooks* and *pricks*, on which you may hang the meat, and set it close before the fire, and so the Plate heating the meat behind, as the fire doth before, it will both the sooner, and with more neatnesse be ready; then having turned it, and basted it till it be very brown, dredge it, and serve it up with *Vinegar* and *Butter*.

Touching the toasting of *Mutton*, *Venison*, or any Joint of Meate, which is the most excellentest of all *Carbadoes*, you shall take the fattest and largest that can possibly be got (for leane meate is losse of labour, and little meat not worth your time ;) and having scotcht it. and cast salt upon it, you shall set it on a strong fork, with a dripping pan underneath it, before the face of a quick fire, yet so far off, that it may by no meanes scorch, but toast at leisure ; then with that which falls from it, and with no other basting, see that you baste it continually, turning it ever and anon many times and so oft, that it may soake and brown at great leisure ; and as oft as you baste it, so oft sprinkle Salt upon it ; and as you see it toast, scotch it deeper, and deeper, especially in the thickest and most fleshy parts where the blood most resteth ; and when you see that no more blood droppeth from it, but the gravy is cleare and white, then shall you serve it up either with *Venison-sauce*, with *Vinegar*, *Pepper* and *Sugar*, *Cinamon*, and the juyce of an Orange mixt together, and warmed with some of the gravy.

Take *Mutton* or *Lambe* that hath been either roasted, or but parboild, and with you knife scotch it many waies, then lay it in a deep dish, and put to it a pint of white *VVine*, and a little whole *Mace*, a little sliced *Nutmeg*, and some *Sugar*, with a lump of sweet butter, and stew it so till it be very tender ; then take it forth, and brown it on the *Grid-iron*, and then laying *Sippers* in the former broth, serve it up.

Take any *Tongue*, whether of *Beef*, *Mutton*, *Calves* ; *Red Deer* or *Fallow*, and being wel boyled, pil them, cleave them, and scotch them many wayes ; then take three or foure *Egges* broken, some *Sugar*, *Cinamon*, and *Nutmeg*, and having beaten it wel together, put to it a *Lemon* cut in thin slices, and another cleane pild, and cut into little four-square bits, and then take the *Tongue*, and


Of the toasting
of Mutton.

Additions,
unto carbadoes.
A rasher of
Mutton or
Lambe.

How to carbado
tongues.

and lay it in : and then having melted good store of butter in a frying pan, put the Tongue and the rest therein, and so fry it brown, and then dish it, and scrape sugar upon it, and serve it up.

Additions

 For dressing Fish.

How to soufe any fresh Fish.

Take any fresh fish whatsoever (as Pike, Breame, Carpe, Barbell, Cheam, and such like,) and draw it, but scale it not ; then take out the Liver and the refuse, and having opened it, wash it : then take a pottle offair water, a pretty quantity of white Wine, good store of salt, and some vinegar, with a little bunch of sweet Herbs, and set it on the fire : as soone as it begins to boyl, put in your fish, and having boyled a little, take it up into a fair vessell, then put into the liquor some grosse Pepper and Ginger, and when it is boyled well together with more salt set it by to cool, and then put your fish into it, and when you serve it up, lay Fennell there-upon.

How to boyle small Fish.

To boyl small fish, as Roches, Daces, Gudgeon, or Flounder, boyl White-wine and water together with a bunch of choice Herbs, and a little whole Mace, when all is boyl'd well together, put in your fish, and scum it well : then put in the foal of a Manchet, a good quantity of sweet butter, and season it with Pepper, and Verjuyce, and so serve it in upon Sippets, and adorne the sides of the dish with Sugar.

To boyle a Gurnet or Roche.

First, draw your fish, and either splint it open in the back or joynt it in the back, and trusse it round ; then wash it cleane, and boyl it in Water and Salt, with a bunch of sweet Herbs then take it up into a large dish, and powre unto it Verjuyce, Nutmeg, Butter, and Pepper, and letting it stew a little, thicken it with the yolks of egges : then hot remove it into another dish, and garnish it with slices of Oranges and Lemons, Barberries, Prunes, and Sugar, and so serve it up.

After you have drawne, washt and scaled a fair large Carp, season it with Pepper, Salt, and Nutmegge, and then put it into a Coffin with good store of sweet Butter, and then cast on Raisins of the Sun, the juice of Lemons, and some slices of Orange-pils, and then sprinkling on a little Vine gar, close up and bake

First let your Tench blood in the tayle, then scour it, wash it,

it, and scald it, then having dryed it, take the fine crummes of *Bread*, sweet *Creame*, the yolks of *Egges*, Currants cleane washt, a few sweet hearbs, chopt small, season it with Nutmeg and Pepper, and make it into a stiffe paste, and put it into the belly of the Tench, then season the Fish on the out side with Pepper, Salt, and Nutmegge; and so put it into a deep Coffin with sweet butter, and so close up the Pye and bake it; then when it is enough draw it, and open it, and put into it a good piece of preserved Orange minc'd: then take Vinegar, Nutmeg, Butter, Sugar, & the yolk of a new layd Egge, and boyl it on a Chafing-dish and coales. alwaies stirring it to keep it from curding; then powr it into the Pye, shake it wel, and so serve it up.

Take a large Trout fair trim'd, and wash it, and put it in- How to stew a Trout.
to a deeppewter dish, then take halfe a pint of sweet Wine, with a lump of butter, and a little whole mace, parsley, savory and Tyme, mince then all small, and put them into the Tenches belly, and so let it stew a quarter of an houre, then mince the yolk of a hard Egge, and throw it on the Trout, and laying the hearbs about it, and scraping on sugar, serve it up.

After you have drawn your Eeles, chop them into small How to bake Eeles.
peecees of three or four inches, and season them with Pepper, Salt, and Ginger, and so put them into a Coffin with a good lump of butter, great Raisins, Onions smal chopt, and so close it, bake it, and serve it up.

Next to these already rehearsed, our English Houfwife The pastry & baked meats.
must be skilfull in Pastery, and know how and in what manner to bake all sorts of meat, and what Paste is fit for every meat, and how to handle and compound such Pastes. As for example, Red Deer Venison Wild-boar, Gammons of Bacon. Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, would be bak't in a moyst, thicke, tough, course, and long lasting crust, and therefore of all other your Rye paste is best for that purpose; your Turkey Capon, Pheasant, Partridge Veale Peacocks, Lamb, and all sorts of Water-Fowle which are to come to the Table more than once (yet not many dayes) would be bak't in a good white

white crust, somewhat thick ; therefore your wheate is fit for them ; your Chickens, Calves feet, Olives, Potatoes, Quinces, Fallow Deer and such like, which are most commonly eaten hot, would be in the finest, shortest, and thinnest crust therefore your fine Wheat-flower which is a little baked in the oven, before it be kneaded, is the best for that purpose.

Of the mixture of past.

To speak then of the mixture and kneading of Pastes, you shall understand that your Rye-paste would be kneaded onely with hot water, and a little butter, or sweet Seam, and Rye-flower very finely sifted ; and it would be made rough and stiffe, that it may stand well in the rising, for the Coffin thereof must ever be very deep ; your course Wheat-crust should be kneaded with hot water, or Mutton broth, and good store of butter, and the paste made stiffe and tough, because that Coffin must be deep also : your fine Wheat crust must be kneaded with as much butter as water, and the paste made reasonable lyth and gentle, into which you must put three or foure egges or more, according to the quantity you blend together, for they will give it a sufficient stiffening.

Of puffed past.

Now for the making of puff past of the best kind, you shall take the finest wheat flower after it hath beene a little bakt in a pot in the oven, and blend it well with egges, whites and yolkes all together, and after the paste is well kneaded, roule out a part thereof as thin as you please and then spread cold sweet butter over the same, then upon the same butter role another leaf of the paste as before ; and spread it with butter also, and thus role leaf upon leaf with butter betweene, till it be as thick as you think good : and with it either cover any bak't meate, or make paste for Venison Florentine, Tart, or what dish else you please and so bake it : there be some that to this paste use sugar, but it is certaine it will hinder the rising thereof, and therefore when your puff past is bak't, you shall dissolve sugar into Rose-water, and drop it into the paste as much as it will by any means receive, and then set it a little while in the oven after, and it will be sweet enough.

Of baking red Deer, or Fallow, or any thing to keep cold.

When you bake red Deer, you shall first parboyl it and take out the bones, then you shall, if it be lean, lard it with fat, save the charge : then put it into a presse to squeeze out the blood ; then

then for a night lay it in a meat sauce made of Vinegar, small drink and salt; and then taking it forth, season it well with Pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no meanes cut any slashes to put in the Pepper for it will of it self sink fast enough into the flesh, and be more pleasant in the eating. Then having raised the coffin, lay in the bottome a thick course of butter, then lay the flesh thereon, and cover it all over with butter, and so bake it as much as if you did bake brown bread, then when you draw it, melt more butter with three or foure spoonfulls of Vinegar, and twice so much Claret wine, and at a vent-hole on the toppe of the liddr, poure in the same till it can receiue no more, and so let it stand and coole, and in this sort you may bake Fallow Deer, or Swanne, or whatsoever else you please to keep cold, the meate sauce onely being left out, which is onely proper to red Deer. And if to your meat sauce you adde a little Turnesole, and therein steep Beef, or mutton for venison. And if to your Rarime mutton: you may also in the same manner take the first for Red Deer Venison, and the latter for Fallow, and a very good judgement shall not be able to say otherwise, then that it is of it self perfect Venison, both in taste, colour, and the manner of cutting.

To bake an excellent Custard or Dowlet: you shall take good store of eggs, and putting away one quarter of the whites, beat them exceeding well in a basin, and then mixe with them the sweetest and thickest cream you can get, for if it be any thing thinner, the Custard will be wheyish: then season it with salt, sugar, cinnamon, cloves, mace, and a little Nutmeg, which done raise your coffins of good tough wheat paste, being the second sort before Spoke of: and if you please raise it in pretty works or angular formes, which you may do by fixing the upper part of the crust to the nether with the yolks of eggs; then when the coffins are ready, strow the bottomes over a good thickness with currants and sugar, then fit them into the Oven, and fill them up with the confectiion before blended, and so drawing them, adorne all the tops with Carraway Cumfets and slices of Date pickt right up, and so

To bake a
Custard or
Dowlet.

serve them up to the table. To prevent the wheyishnes of the Custard, dissolve into the first confection a little Icinglasse and all will be firm.

To bake an
Olive-pic.

To make an excellent olive pye: rake sweet hearbs, as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Tyme and Sorrell, and chop them as small as may be, and if there be a Scallion or two amongst them it wil give the better taste, then take the yolks of hard Eggs, with Currants, Cinamon, Cloves and Mace, and chop them among the hearbs also; then having cut out long Olives of a leg of Veal, roule up more than three parts of the hearbs so mixed within the Olives, together with a good deal of sweet butter: then having raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins, having the stones pickt out; then put in the Olives, and cover them with great Raisins, and a few Prunes: then over all lay good store of butter; and so bake them: then being sufficiently bak't, take Claret Wine, Sugar, Cinamon, and two or three spoonfulls of Wine Vinegar, and boyl them together, and then drawing the pie, at a vent in the top of the lid, put in the same, and then set it into the Oven again a little space, and so serve it forth.

To bake a
Marrow-bone
pic.

To bake the best Marrow-bone-pye, after you have mixt the crusts of the best sort of paste, and raised the coffin in such a manner as you please, you shall first in the bottome thereof lay a course of marrow of Beefe, mixt with Currants: then upon it a lay of the soales of Artichocks, after they have been boyled, and are divided from the thistle; then cover them over with marrow, Currants, and great Raisins, the stones pickt out; then lay a course of Potatoes cut in thick slices, after they have been boyled soft, and are clean pil'd; then cover them with Marrow, Currants, great Raisins, Sugar and Cinamon; then lay a layer of candied *Eringo-roots* mixt very thick with the slices of Dates; then cover it with Marrow, Currants, great Raisins, Sugar, Cinamon and Dates, with a few Damask prunes, and so bake it: and after it is bak't powre into it, as long as it will receive it, white Wine, Rose water, Sugar, Cinamon and Vinegar mixt together, and candy
all

all the cover with Rose-water and Sugar only, and so set it into the oven a little and serve it forth.

To bake a Chicken pye, after you have trust your Chickens, then broken their legges and brest bones, and raised your crust of the best paste, you shall lay them in the coffin close together, with their bodyes full of butter : then lay upon them, and underneath them Currants, great Raisins, Prunes, Cinamon, Sugar, whole mace, and salt : then cover all with great store of Butter, and so bake it: after powre into it the same liquor you did in your Marrow-bone pye with yolkes of two or three Egges beaten amongst it, and so serve it forth.

To make good Red Deer Venison of Hares, take a Hare or two or three, as you can or please, and pick all the flesh from the bones ; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person beat it exceedingly, and ever as it is beaten let one sprinkle in some vinegar and some salt : then when it is sufficiently beaten, take it out of the mortar and put it into boyling water and parboyl it : when it is parboyled, take it and lay it on a table in a round lump, and lay a board over it : and with weights press it as hard as may be : then the water being prest out of it, season it well with Pepper and Salt : then lard it with the fat of Bacon so thick as may be, then bake it as you bake other Red deer, which is formerly declared.

To bake a hare pye.
Take a Hare and pick off all the flesh from the bones, and onely reserve the head, then parboyl it well : which done, take it out and let it cool, as soon as it is cold, take at least a pound and half of Raisins of the Sunne, and take out the stones ; then mixe them with a good quantity of Mutton-fuet, and with a sharp shredding knife shred it as small as you would doe for a Chewet ; then put to it Currants, and whole Ray-fins, Cloves and Mace, Cinamon and salt : then having raised the Coffin long-wise to the proportion of a Hare, first lay in the head, and then the aforesaid meat, and lay the meat in the true proportion of a Hare, with neck, shoulders and legges, and then cover the coffin, and bake it as other bak't meates of that nature.

A Gammon
of Bacon pie.

Take a Gammon of Bacon, and onely wash it cleane, and then boyl it on a soft gentle fire, till it be boyled as tender as is possible, ever and anon steeting it cleane that by all means it may boyl white: then take off the sward, and farle it very well with all manner of sweet and pleasant farling hearbs, then strow store of Peppèr over it, and prick it thick with cloves; then lay it into a coffin made of the same proportion, and lay good store of Butter round about it, and upon it, and strow Pepper upon the Butter, that as it melts, the Pepper may fall upon the Bacon; then cover it and make the proportion of a pigs head in past upon it, and then bake it as you bake red Deer or things of the like nature, only the Past would be of Wheat-meal.

A Herring py.

Take white pickled Herrings of one nights watering, and boyl them a little, then take off the skin, and take only the backs of them, and pick the fish cleane from the bones; then take good store of Raisins of the Sun, and stone them; and put them to the fish; then take a Warden or two, and pare it, and slice it in small slices from the core, and put it likewise to the fish; then with a very sharp shredding knife shred all as small and fine as may be: then put to it good store of Currants Sugar, Cinamon, slic't Dates, and so put it into the coffin, with good store of very sweet Butter, and so cover it, and leave onely a round vent-hole on the top of the lid, and so bake it like pies of that nature: When it is sufficiently bak't, draw it out and take claret wine and a little verjuyce, sugar, Cinamon, and sweet Butter, and boyl them together: then put it in at the vent hole, and shake the pie a little and put it againe into the Oven for a little space, and so serve it up, the lid being candied over with sugar, and the sides of the dish trimmed with sugar.

A Ling pie.

Take the jole of the best *Ling* that is not much watred, and is well sodden and cold; but whilst it is hot, take off the skin, and pare it cleane underneath, and pick out the bones cleane from the fish: then cut it into grosse bus, and let it lye; then take the yolks of a dozen Eggs boild exceeding hard, and put them to the Fish, and shred all together as small as is possible, then take all manner of the best and finest pot-herbs, and chop them wonderfull
small

small, and mixe them also with the fish, then season it with Pepper, Cloves and Mace, & so lay it into a cossing with great store of sweet butter, so as it may swim therein, and then cover it and leave a vent-hole open in the top, and when it is baked, draw it, and take Verjuys, sugar, cinamon, and butter and boyl them together: and first with a feather annoint all the lid over with that liquor, and then scrape good store of sugar upon it; then pour the rest of the liquor in at the vent-hole, and then set it into the Oven againe for a very little space, and then serve it up as pyes of the same nature, and both these pies of Fish before rehearsed, are extraordinary and special Lenten dishes.

Take a pint of the sweetest and thickest cream that can be gotten, and set it on the fire in a very cleane scowred skil-
let, and put into it Sugar, Cinamon and a Nutmegge cut into
four quarters, and so boyl it well: then take the yolkes of foure
Eggs, and take off the slimes, and beat them well with a little
sweet Cream, then take the foure quarters of the Nutmeg out
of the cream, then put in the egges, and stirre it exceedingly
till it be thick: then take a fine Manchet, and cut it into thinne
shivers as much as will cover a dish bottom, and holding it in
your hand, pour half the Cream into the dish: then lay your
bread over it, and cover the bread with the rest of the cream,
and so let it stand till it be cold: then strew it over with Cara-
way comfits, and prick up some cinamon comfits, and some
slic't Dues; or for want thereof, scrape all over it some Su-
gar, and trim the sides of the dish with Sugar, and so serve it
up.

Take a pint of the best and thickest Cream and set it on the
fire in a cleane skillet, and put into it Sugar, Cinamon, and a
Nutmegge cut into four quarters, and so boyl it well, then put
it into the dish you intend to serve it in, and let it stand to
cool till it be more then luke-warme: then put in a spoone-
full of the best earring, and stir it well about, and so let it stand
till it be cold: and then strew Sugar upon it, and so serve it up,
and this you may serve either in dish, glasse, or other
plate.

Take Calves feete well boyl'd, and pick all the meate from
the bones: then being cold, shred it as small as you can; then

A calves foot
pye.

season it with *Cloves* and *Mace*, and put in good store of *Currants*, *Raisins* and *Prunes*, then put it into the coffin with good store of *sweet Butter* : then break in whole sticks of *Cinamon* and a *Nutmegge* slic'd into four quarters, and season it before with *Salt* : then close up the coffin, and onely leave a vent-hole : When it is bak't, draw it; and at the vent-hole put in the same liquor you put in the *Ling-pye*, and trim the lid after the same manner and so serve it up.

Oyster pye.

Take of the greatest *Oysters* drawn from the shells, and par-boyl them in *Veriwyce* : then put them into a Cullander and let all the moysture run from them, till they be as drye as possible : then raise up the coffin of the pye. and lay them in; then put to them good store of currants, and fine powdred *Sugar* with whole *Mace*, whole *cloves*, whole *Cinamon* and *Nutmegge* slic'd, dates cut, and good store of *sweet butter* : then cover it, and onely leave a vent hole : when it is bak't, then draw it and take white *Wine*, and white wine *Vinegar*, *Sugar*, *Cinamon*, and *sweet butter*, & melt it together : then first trim the lid therewith, and candy it with *Sugar* : then powre the rest in at the vent hole, and shake it well, and so set it into the *Oven* againe for a little space, and so serve it up, the dish edges trim'd with *Sugar*. Now some use to put to this pye *Onions* sliced and shred, but that is referred to discretion, and to the pleasure of the tast.

To recover
venison that
is tainted.

Take strong *Ale*, and put to it wine vinegar as much as will make it sharp, then set it on the fire, and boyl it well and skum it, and make of it a strong brine with bay salt or other salt; then take it off, and let it stand till it be cold, then put your *Venison* into it, and let it lye in it full twelve houres : then take it out from that meer sawce, and presse it well : then parboyl it, and season it with pepper and *Salt*, and bake it, as hath been before shewed in this Chapter.

A chewet pye.

Take the brawns and the wings of *Capons* and *Chickens* after they have been roasted, and pull away the skin; then shred them with *Mutton-suet* very small ; then season it with *Cloves*, *Mace*, *Cynamon*, *Sugar*, and *Salt* : then put to *Raisins* of the *Sun*, and *Currants*, and slic'd *Dates*, and *Orange-pills*, and being well mixt together, put it into small coffins made for

for the purpose, and strow on the top of them good store of Carraway comfets: then cover them, & bake them with a gentle heat: & these Chewets you may also make of roasted Veal, seasoned as before shewed, and of all parts the loyn is the best.

Take a Legge of Mutton, and cut the best of the flesh from A minc't pie, the bone, and parboyl it well: then put to it three pound of the best Mutton suet & shred it very small; then spread it abroad, and season it with Salt, Cloves and Mace: then put in good store of Currants, great Raisins and Prunes cleane washed, and picked, a few Dates sliced, and some Orange-pils sliced; then being all well mixt together, put it into a coffin, or into divers coffins, and so bake them: and when they are served up, open the lids, and strow store of Sugar on the top of the meat and upon the lid. And in this sort you may also bake Beef or Veal, onely the Beef would not be parboyled, and the Veal will ask a double quantity of Suet.

Take the fairest and best Pippins, and pare them, and A Pippin pie. make a hole in the top of them; then pricke in each hole a Clove or two, then put them into the coffin, then breake in whole sticks of Cynamon, and slices of Orange-pills and Dates, and on the top of every Pippin a little peece of sweet butter; then fill the coffin, and cover the Pippins over with Sugar: then close up the Pie, and bake it, as you bake Pyes of the like nature; and when it is bak'd, annoynt the lidde over with store of sweet butter, and then strow Sugar upon it a good thickeesse, and set it into the Oven againe for a little space, as while the meat is in dishing up; and then serve it.

Take of the fairest and best Wardens, and pare them, and A warden py. take out the hard cores on the top, and cut the sharp ends at the bottome flat; then boyle them in white Wine and Sugar untill the sirrup grow thicke: then take the Wardens from the sirrup in a cleare dish, and let them cool; then set them into the coffin, and prick cloves in the tops, with whole sticks of Cynamon, and great store of Sugar as for Pippins: then cover it, and onely reserve a vent-hole, so set it in the Oven and bake it; when it is bak'd, draw it forth, and take the first sirrup in which

which the wardens were boyld, and tast it, and if it be not sweet enough, then put in more sugar, and some Rose-water, and boyl it againe a little : then pour it in at the vent-hole, and shake the pie well : then take sweet Butter, and Rose-water melted, and with it annoint the pye-lid all over, and then strow on it store of Sugar, and so set it into the oven againe a little space, and then serve it up: and in this manner you may also bake Quinces.

To preserve
bake all the
year.

Take the best and sweetest *Wort*, and put to it good store of sugar: then pare and cover the Quinces cleane, and put them therein, and boyl them till they grow tender : then take out the quinces and let them cool, and let the pickle in which they were boyled stand to coole also : then straine it through a raunge or sieve then put the Quinces into a sweet earthen pot : then powr the pickle or sirrup unto them, so as all the Quinces may be quite covered all over : then stop up the pot close, and set it in a dry place, and once in sixe or seven weekes looke unto it and if you see it shrinke, or doe begin to hoar or mould, then powr out the pickle or sir up and renewing it, boyl it over againe, and as before put it to the Quinces being cold, and thus you may preserve them for the use of baking, or otherwise all the year.

A Pippin tart. Take Pippins of the fairest, and pare them, and then divide them just in halfe, and take out the cores cleane : then having rould the coffin flat, and raised up a small verdge of an inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be : then lay here and there a clove, and here and there a whole stick of Cinamon and a little bit of Butter : then cover all cleane over with Sugar, and so cover the coffin, and bake it according to the manner of Tarts and when it is bak't, then draw it out, and having boyled butter and rose-water together, annoint all the lid over therewith, and then scrape or strow on it good store of Sugar, and so set it in the oven againe, and after serve it up.

A Codlin tart. Take greene Apples from the tree, and coddle them in scalding water without breaking : then pill the thin skinne from them and so divide them in halfe, and cut out the cores, and so lay

lay them into the coffin ; and doe in every thing as you did in the Pippin tart ; and before you cover it, when the sugar is cast in, see you sprinkle upon it good store of Rose-water, then close it, and do as before shewed.

Take Codlins as before said, and pill them and divide them in halves, and core them, and lay a lear thereof in the bottom of the py: then scatter here and there a clove, and here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another lear of *codlins*, & do as before said, and so another, till the coffin be all filled; then cover all with Sugar, and here and there a Clove and a Cinamon-stick, and if you will a slice of Orange pill and a Date ; then cover it, and bake it as the Pies of that nature : When it is bak't, draw it out of the Oven, and take of the thickest and best Creame with good store of Sugar, and give it one boyl or two on the fire, then open the pie and put the Cream therein and mash the Codlings all about: then cover it and having trimmd the lid (as was before shewed in the like pies and tarts) set it into the oven againe for half an hour, and so serve it forth.

A codlin Pie.

Take the fairest Cherries you can get, and pick them cleane from leaves and stalks : then spread out your coffin as for your pippin tart and cover the bottom with sugar, then cover the sugar all over with Cherries, then cover those Cherries with sugar, some sticks of Cinamon, and here and there a Clove; then lay in more Cherries, & so more sugar, Cinamon and Cloves, till the coffin be filled up : then cover it, and bake it in all points, as the codlin and pipping tart, and so serve it: and in the same manner you may make Tarts of Gooseberries, Strawbewies, Raspberries, Bilberries, or any other Berry whatsoever.

A cherry tart.

Take Rice that is cleane picked, and boyl it in sweet Creame, till it be very soft: then let it stand and cool, and put into it good store of Cinamon and sugar, and the yolkes of a couple of Eggs and some Currants, stir and beat all well together then having made the coffin in the manner before said for other Tarts, put the Rice therein, and spread it all over the coffin: then break many little bits of sweet butter upon it all over, and scrape some Sugar over it also; then cover the tart, and bake it, and trim it in all points, as hath been before shewed, and so serve it up.

A Rice Tart.

Take

A Florentine.

Take the Kidneys of Veal after it hath been well roasted, and is cold: then shred it as fine as is possible; then take all sorts of sweet Pot hearbs, or farcing hearbs, which have no bitter or strong tast, and chop them as small as may be, and putting the veal into a large dish put the hearbs unto it, and good store of clean washt Currants, Sugar, Cinamon, the yolkes of foure egges, a little sweet Creame warmd, and the fine grated crummes of a half penny loafe, and salt, and mixe all exceedingly together: then take a deep pewter dish, and in it lay your past very thin rowled out, which paste you must mingle thus: Take of the finest wheat flower a quart, and a quarter so much sugar, and a little Cinamon; then breake into it a couple of Egges, then take sweet cream and butter melted on the fire, and with it knead the paste, and as was before said, having spread butter all about the dishes sides: then put in the veal, and breake peeces of sweet butter upon it, and scrape sugar over it; then rowl out another paste reasonable thicke, and with it cover the dish all over, closing the two pasts with the beaten whites of Egges very fast together, then with your knife cut the lid into diverse pretty workes according to your fancy, then set it in the oven and bake it with pyes and tarts of like nature; when it is bak't, draw it and trimme the lid with sugar, as hath been shewed in tarts, and so serve it up with your second course.

A. prune tart.

Take of the fairest damask prunes you can get, and put them in a cleane pipkin with fair water, Sugar, unbruised Cinamon, and a branch or two of Rosemary, and if you have bread to bake, stew them in the oven with your bread: if otherwise, stew them on the fire: when they are stewed, then bruise them all to mash in their sirrup, and strain them into a clean dish; then boyl it over againe with Sugar, Cinamon and Rose-water, till it be as thick as marmelad: then set it to cool, then make a reasonable tough paste with fine flower, Water, and a little butter, and rowl it out very thin: then having patterns of paper cut into divers proportions, as Beasts, Birds, Armes, Knots, Flowers and such like: Lay the patterns on the past, and so cut them accordingly: then with your fingers pinch up the edges of the paste, and set the work in good

good proportion: then prick it well all over for rising, and set it on a clean sheet of large paper, and so set it into the oven and bake it hard; then draw it and set it by to coole; and thus you may do by a whole Oven full at one time, as your occasion of experience is; then against the time of service comes, take of the confecti^on of prunes before rehearsed, and with your Knife or a Spoon, fill the coffin according to the thickness of the verge, then strow it over with carraway comfets, and prick long comfets upright in it, and so taking the paper from the bottom serve it on a plate in a dish or charger, according to the bigness of the tart. and at the second course; and this tart carryeth the colour black.

Take apples and pare them, and slice them thin from the core into a pipkin with white wine, good store of Sugar, Cinamon a few Saunders and Rose-water, and so boyl it till it be thick; then cool it. and strain it and beat it very well together with a spoon then put in into the coffin as you did the Pru^en tart, and adorn it also in the same manner, and this tart you may fil thicker or thinner, as you please to raise the edge of the coffin, and it carrieth colour red. Apple-tart.

Take good store of Spinage, and boyl it in a Pipkin, with White-wine, till it be very soft as pap: then take it and strain it well into a pewter dish, not leaving any part unstrained: then put to it rosewater, great store of Sugar and cinamon, and boyl it till it be as thick as Marmalad, then let it cool, and after fill your coffin and adorn it, and serve it in all points as you did your pruen-tart; and this carrieth the colour green. A Spinngge tart.

Take the yolks of Eggs and breake away the films, and beat them well with a little Cream then take of the sweetest and thickest cream that can be got, and set it on the fire in a clean skillet, and put into it sugar, cinamon, Rosewater, and then boyl it well: when it is boyld, and still boyling, stir it well, and as you stir it put eggs, and so boyl it till it curdle; then take it from the fire and put it into a strainer, and first let the thin whey run away into a by dish, then strain .

Strain the rest very well, and beat it well with a spoon, and so put it into the tart Coffin, and adorn it as you do your Pruin tart, and so serve it, and this carrieth the colour yellow.

A white tart. Take the whites of eggs and beat them with rosewater, and a little sweet cream, then set on the fire good thick sweet cream, and put into it sugar cinamon, rosewater, and boyl it well, and as it boyles stir it exceedingly, and in the stirring put in the whites of eggs, then boyl it till it curde, and after do in all things as you did to the yellow tart; and this carrieth the colour white, and it is a very pure white and therefore would be adorned with red carraway comfets, and as this, so with blaunched almonds like white tarts, and full as pure. Now you may if you please put all these severall colours, and severall stuffes into one tart, as thus; If the Tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, the tal'ents of another; and of birds, the body of one colour, the eyes of another, the legs of another, and every feather in the wings of a severall colour according to fancy: and so likewise in Armes, the field one colour, the charge of another, according to the form of the Coat armour; as for mantles, trailes, and devices about arms, they may be set out with severall colours of preserves, conserves, marmalads, and good in cakes, and as you shall find occasion or invention; and so likewise of knots, one tayl of one colour, and another of another, and so of as many as you please.

A hearb tart. Take Sorrell, spinage, parslly, and boyl them in water till they be very soft as pap, then take them up and press the water clean from them, then take good store of yolks of eggs boild very hard, and chopping them with the hearbs exceeding small, then put in good store of currants, sugar and cynamon, and stir all well together; then put them into a deep tart coffin with good store of sweet butter and cover it and bake it like a pippin tart, and adorn the lid after the baking in that manner also, and so serve it up.

To bake a pudding pyc. Take a quart of the best cream, and set it on the fire and slice a loaf of the lightest white bread into thin slices, and put into it, and let it stand on the fire till the milk begin to rise; then

then take it off, and put it into a bason, and let it stand till it be cold, then put in the yolks of four eggs, and two whites, good store of currants, sugar, Cinamon, Cloves, Mace, and plenty of Sheeps suet finely shred, and a good season of Salt, then trime your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serve it, strow sugar upon it.

Take the best and sweetest cream; and boyl it with good store of Sugar, and Cinamon, and a little rosewater, then take it from the fire and put it into clean pickt rice, but not so much as to make it thick, and let it steep therein till it be cold, then put in the yolks of six eggs and two whites, Currants, Cinamon, Sugar if and rosewater, and salt, then put it into a pan or pot as thin as it were a custard; and so bake it, and serve it in the pot it is baked in, trimming the top with Sugar or comfets. A white-por.

There are a world of other bakte meats and Pies, but for as much as whosoever can doe these, may doe all the rest, because herein is contained all the art of seasoning, I will trouble you with no further repetitions; but proceed to the manner of making Banquetting fluff, and conceited dishes, with other pretty and curious secrets, necessary for the understanding of our English House-wife: for albeit they are not of generall use, yet in their due times they are so needfull for adoration, that whosoever is ignorant therein, is lame, and but the halfe part of a Housewife. Banquetting fruit and conceited dishes.

To make past of quinces, first boyl your quinces whole, and when they are soft pare them and cut the quince from the core; then take the finest Sugar you can get, finely beaten and searfed, and put in a little rose-water and boyl it together till it be stiff enough to mould, and when it is cold, then role it: and print it: a pound of quinces will take a pound of Sugar, or near thereabouts. To make past for Quinces.

To make thinne quince cakes, take your quince when it is boyled soft as before said and dry it upon a pewter plate with a soft heat, and be ever stirring of it with a slice til it be hard, then take searfed sugar quantity for quantity, and strow it into the quince, as you beat it in a wooden or stone mortar: and so roule them thin and print them. To make thinn quince cakes.

To preserve
quinces.

To preserve quinces: first pare your quinces and take out the cores, and boyl the cores and parings altogether in fair water, and when they begin to be soft, take them out and strain your liquor, and put the weight of your quinces in sugar, and boyl the quinces in the sirrup till they be tender: then take them up and boyl the sirrup till it be thick. If you will have your quinces red, cover them in the boyling; and if you will have them white do not cover them.

To make,
Ipocras.

To make Ipocras, take a pottle of wine, two ounces of good cinamon; half an ounce of ginger, nine cloves, and six pepper corns, and a nummeg, & bruise them and put them into the wine with some rosemary flowers, and so let them steep all night, and then put in sugar a pound at least, and when it is well scetled let it run through a wollen bag made for that purpose: thus if your wine be claret, the Ipocras will be red; if white, then of that colour also.

To make
Jelly.

To make the best jelly take Calves feet and wash them, and scald off the hair as clean as you can get it: then split them and take out the fat and lay them in water and shift them, then bruise them in fair water untill it will jelly, which you shall know by now and then cooling a spoonfull of the broth; when it will jelly, then strain it, and when it is cold then put in a pint of sack and whole Cinamon, and sugar and a little rose-water, and boyl all wel together again. Then beat the white of an Egge and put into it, and let it have one boyl more: then put in a branch of Rosemary into the bottome of your jelly bag, and let it run through once or twice and if you will have it coloured, then put in a little *Townesfall*. Also if you want calves feet, you may make as good Jelly if you take the like, quantity of Isinglasse, and so use no calves feet at all.

To make
Leach.

To make the best Leech take Isinglass, and lay it two hours in water, and shift it and boyl it in fair water and let it cool, Then take Almonds, & lay them in cold water till they will blanch; And then stamp them and put to new milk, and strain them and put in whole Mace and Ginger sliced, and boyl them till it taste well of the spice: then put in your Isinglass, and sugar, and a little Rose-water, and then let them all run through a strainer.

To make gin-
ger bread.

Take Claret wine and colour it with *Townesfall*, and put in sugar

sugar and set it to the fire: then take wheat bread finely grated and sifted, and Licoras, Aniseeds, Ginger and Cinamon beaten very small and searfed: and put your bread and your spice together, and put them into the wine and boyl it, and stir it till it be thick: then mould it and print it at your pleasure, and let it stand neither too moist nor too warm.

To make red Marmalade of quinces: take a pound of quinces and cut them in halves, and take out the cores, and pare them; then take a pound of Sugar and a quart of fair water and put them all into a pan, and let them boyl with a soft fire, and sometimes turn them and keep them covered with a pewter dish, so that the steam or ayr may come a little out: the longer they are in boyling, the better colour they will have: and when they be soft take a knife, and cut them crosse upon the top, it will make the sirrup go through that they may be all of the like colour: then set a little of your sirrup to cool, and when it beginneth to be thick, then break your quinces with a slice or a spoon, so small as you can in the pan, and then strow a little fine sugar in your boxes bottom, and so put it up.

Marmalade of quinces, red.

To make white Marmalade, you must in all points use your quinces as is before said; only you must take put a pint of water to a pound of quinces, and a pound of Sugar, and boyl them as fast as you can, and cover them not at all.

Marmalade white.

To make the best Jumbals, take the whites of three Eggs, and beat them wel and take off the froth; then take a little milk and a pound of fine wheat flower and sugar together finely sifted, and a few Anniseeds wel rub'd and dried, and then work all together as stiff as you can work it, and so make them in what forms you please, & bake them in a soft oven upon white Papers.

To make jumbals.

To make Bisket-bread, take a pound of fine flower, and a pound of sugar finely beaten and searfed, and mix them together: then take eight eggs, & put four yolks, and beat them very wel together: then strow in your flower & sugar as you are beating of it, by a little at once, it will take very near an hours beating: then take half an ounce of Anniseeds and Coriander-seeds, and let them be dryed and rub'd very clean, and put them in; then rub your *bisket pans* with cold sweet butter as thin as you can, and so put it in, and bake it in an oven but if you would

To make bisket bread.

have thin cakes, then take fruit dishes, and rub them in like sort with butter, and so bake your Cakes on them, and when they are almost baked, turn them, and thrust them downe close with your hand. Some to this Bisket bread will add a little cream, and it is not amisse, but excellent good also.

To make finer
Jumbals.

To make Jumbals more fine and curious than the former, and nearer to the tast of the Macaroon : take a pound of Sugar, beat it fine: then take as much fine wheat flowre, and mixe them together: then take two whites and one yolk of an Egge, half a quarter of a pound of blanchd Almonds : then beat them very fine altogether, with half a dish of sweet butter, and a spooneful of Rose-water, and so work it with a little cream till it come to a very stiff paste, then rowl them forth as you please : and hereto you shall also, if you please add a few dryed Aniseeds finely rubbed, and strewed it into the past, and also Coriander seeds.

To make dry
Sugar-leach.

To make dry Sugar-leach, blanch your Almonds ; and heat them with a little Rose-water, and the white of one egge, and you must beat it with a great deal of sugar, and work it as you would work a piece of past: then rowl it, and print it as you did other things, onely be sure to strew sugar in the print for fear of cleaving to.

To make leach
Lumbard.

To make Leach Lumbard, take halfe a pound of blanchd Almonds, two ounces of Cinamon beaten and searfed, halfe a pound of sugar ; then beat your Almonds, and strew in your sugar and cinamon til it come to a paste, then roul it, and print it, as afore said.

To make fresh
cheese.

To make an excellent fresh Cheese, take a pottle of milke as it comes from the Cow, and a pint of cream : then take a spoonefull of runnet or earning, and put it unto it, and let it stand two hours: then stir it up, and put it into a fine cloath, and let the Whey drain from it: then put it into a bowl, and take the yolk of an Egg, a spoonfull of Rose-water, and bray them together with a very little Salt, with Sugar and Nutmegges, and when all these are brayed together, and searst, mixe it with the curd, and then put it in the Cheese-fat with a very fine cloath.

How to make
coorse Ginger
bread.

To make coorse Ginger bread, take a quart of honey, and set it on the coals and refine it : then take a penny worth of Ginger,

Ginger, as much Pepper, as much Lycoras and a quartet of a pound of Anniseeds, & a penyworth of Saunders: all these must be beaten and searfed and so put into the Honey : then put in a quarter of a pint of Claret wine, or old Ale : then take three penny manchets finely grated, and strow it amongst the rest, and stir it till it come to a stiffe paste, & then make it into cakes, & dry them gently.

To make ordinary Quince-cakes, take a good piece of a preserved quince, and beat it in a mortar, & work it up into a very stiff past with fine searst sugar: then print it, & dry them gently. How to make Quince cakes ordinary.

To make most Artificiall Cinamon sticks, take an ounce of Cinamon and pound it, and half a pound of Sugar : then take some gumme Dragon, and put it in steep in Rose water : then take thereof to the quanticy of a Hasell-nut, & work it out & print it, & roul it in forme of a Ciamon stick. How to make Cinamon sticks.

To make cinamon water, take a pottle of the best Ale & a pottle of Sack-lees, a pound of Cinamon sliced fine, & put them together, & let them stand two dayes ; then distill them in a Limbeck or glasse still. How to make cinamon-water.

To make Wormewood water take two gallons of good Ale, a pound of Anniseeds, half a pound of Licoras, & beat them very fine ; & then take two good handfuls of the crops of Wormewood & put them into the Ale, & let them stand all night, & then distill them in a Limbeck with a moderate fire. To make worm-wood water.

To make Sweet water of the best kind, take a thousand Damask Roses, two good handfuls of Lavendertops, a three penny weight of Mace, two ounces of Cloves bruised, a quart of running water : put a little water into the bottome of an earthen pot, & then put in your Roses and Lavender, with the spices by little & little, & in the putting in, alwayes knead them downe with your fist, & so continue it untill you have wrought up all your Roses and Lavender, & in the working between put in alwaies a little of your water then stop your pot close, & let it stand in four dayes, in which time, every morning & evening put in your hand, and pull from the bottome of your pot the said Roses, working it for a time, & then distill it, and hang in the glasse of water a grain or two of Musk wrapt in a piece of Sarcenet or fine cloth. To make Sweet water.

Another way. Others to make sweet water, take of Ireos two ounces, of Calamus half an ounce, of Cypresse rootes half an ounce, of yellow Sander nine drams, of Cloves bruised one ounce, of Storax & Calamint one ounce, & of Musk twelve grains, & infusing all these in Rose-water distill it.

To make
Date Leach.

To make an excellent Date-Leach ; take Dates, & take out the stones, & the white rind, and beate them with Sugar, Cinamon, and Ginger, very finely ; then work it as you would worke a peece of paste, & then print them as you please.

To make Su-
gar plate.

To make a kind of Sugar plate take Gumme Dragon, and lay it in Rose-water two dayes : then take the powder of faire Heppes & Sugar, & the juyce of an Orenge ; beate all these together in a mortar, then take it out, & work it with your hand & print it at your pleasure.

To make
Spice Cakes.

To make excellent spice Cakes, take half a peck of very fine VVheat-flower, take almost one pound of sweet butter, and some good milke & creame mixt together, set it on the fire, & put in your butter, & a good deale of Sugar, & let it melt together : then strain Saffron into your milke a good quantity : then take seven or eight spoonfulls of good Ale-barme, & eight egges with two yolkes, & mixe them together, then put your milke to it when it is somewhat cold, & into your flower put salt, Anniseeds bruised, Cloves, and Mace, & a good deal of Cinamon : then work all together good & stiffe, that you neede not worke in any flower after, then put in a little rose-water cold, then rubbe it wel in the thing you knead it in & work it throughly : if it be not sweete enough, scrape in a little more sugar, and pul it al in peeces, and hurl in a good quantity of Currantes, & so work al together againe, & bake your Cake as you see cause, in a gentle warme Oven.

To make
Banbury cake.

To make a very good Banbury Cake, take foure pounds of Currants, & wash and pick them very cleane, & drye them in a cloth : then take three egges, & put away one yolke, & beate them & straine them with barme, putting thereto Cloves, Mace, Cinamon, & Nutmeggs, then take a pint of Oream, & as much mornings milke & set it on the fire till the cold bee taken away ; then take flower, and put in good flore of cold

cold butter and sugar, then put in your eggs, barme, and meale, and work them all together an houre or more; then save a part of the paste, and the rest break in peeces, and work in your Currants; which done, mould your Cake of what quantity you please; and then with that paste which hath not any Currants, cover it very thin, both underneath and aloft. And so bake it according to the bignesse.

To make the best March-panc, take the best Jordan Almonds and blanch them in warm water, then put them into a stone mortar, and with a wooden pestell beat them to pap, then take of the finest refined sugar, well searst, and with it Damaske Rose-water, beat it to a good stiff paste, allowing almost to every Jordan Almond, three spoonfulls of sugar: then when it is brought thus to a paste, lay it upon a faire table, and strowing searst-sugar under it, mould it like leaven, then with a roling pin role it forth, and lay it upon waters, washt with rose-water; then pinch it about the sides and put it into what form you please; then strow searst sugar all over it; which done, wash it over with Rose-water and sugar mixt together, for that will make the Ice; then adorn it with Comfers, gilding, or whatsoever devices you please, and so set it into a hot stove, and there bake it crispie, and serve it forth. Some use to mixe with the paste, Cinamon and Ginger finely searst, but I referre that to your particular taste.

To make paste of Genoa, you shall take Quinces after they have been boyled soft, and beat them in a mortar with refined sugar, Cinamon and Ginger finely searst, and damask rose water, till it come to a stiff paste; and role it forth, and print it, and so bake it in a stove and in this sort you may make paste of Pears, Apples, Wardens, Plummes of al kinds, Cherries, Barberries, or what other fruits you please.

To make any Conserve. To make conserve of any fruit you please, you shall take the fruit you intend to make conserve of, and if it be stone-fruit you shall take out the stones: if other fruit, take away the paring and core, and then boyl them in faire running water to a reasonable height: then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boyl them

to a thick pap all to mashing, breaking and stirring them together : and then to every pound of pap, put to a pound of sugar, and so stirre them all well together, and being very hot, straine them through faire strainers, and so pot it up.

To make a
conservé of
Flowers.

To make conservé of Flowres, as Roses, Violets, Gilli-flowres, and such like ; you shall take the flowres from the stalks, and with a pair of sheeres cut away the white ends at the roots thereof, and then put them into a stone mortar, or wooden brack, and there crush, or beat them, till they be come to a soft substance : and then to every pound thereof, take a pound of fine refined sugar, well searst, and beat it all together till it come to one intire body, and then pot it up, and use it as occasion shall serve.

To make wa-
fers.

To make the best wafers, take the finest wheat flowre you can get, and mixe it with creame, the yolks of egges, Rose-water, Sugar, and Cinamon, till it be a little thicker then Pancake-batter, and then warming your wafer Irons on a charcoal-fire, annoint them first with sweet butter, and then lay on your batter and presse it, and bake it white or brown at your pleasure.

To make Mar-
malade of O-
ranges.

To make an excellent Marmalade of Oranges, take the Oranges and with a knife pare off as thin as is possible the uppermost rind of the Orange ; yet in such sort, as by no meanes you alter the colour of the Orange ; then steep them in faire water, changing the water twice a day till you find no bitterneesse of tast therein ; then take them forth, and first boyl them in faire running water, and when they are soft, remove them into rose-water, and boyl them therein till they break : then to every pound of the pulpe, put a pound of refined Sugar, and so having masht and stirring them all well together, straine it through very fair strainers into boxer, and so use it as you shall see occasion.

Additions to
banqueting-
stuffe.
To make fine
Cakes,
Fine bread.

Take a pottle of fine flowre, and a pound of Sugar, a little Mace, & good store of water to mingle the flower into a stiffe past, and a good season of salt, and so knead it, and role out the cake thin, and bake them on papers.

Take a quarter of a pound of fine sugar well beaten, and as much

much flower finely bolted, with a quantity of Anniseeds a little bruised, and mingle all together; then take two egges, and beat them very well, whites and all; then put in the mingled stuff aforesaid, and beat altogether a good while, then put it into a mould wiping the bottome ever first with butter to make it come out easily, and in the baking turn it once or twice as you shall have occasion, and so serve it whole or in slices at your pleasure.

Take sweet Apples, and stamp them as you doe for Cider, then press them through a bag as you doe Verjuice, then put it into a firkin wherein you will keep your quinces, and then gather your quinces, and wipe them cleane, and neither core them nor pare them but only take the blacks from the tops, & so put them into the firkin of Cider, and therein you may keep them all the year very fair, & take them not out of the liquor, but as you are ready to use them, whether it be for pyes, or any other purpose and then pare them, & core them as you think good.

To preserve
Quinces for
Kitchin ser-
vice.

Take a gallon of Claret or VVhite wine, and put therein four ounces of Ginger, an ounce and a half of Nutmegs, of Cloves one quarter. of Sugar four pound; let all this stand together in a pot at least twelve houres, then take it, and put it into a cleane bagge made for the purpose, so that the wine may come with good leasure from the spices.

To make 1 po-
cras.

Take quinces and wipe them very cleane, and then core them and as you core them put the cores straight into faire water; and let the cores and the water boyl; when the water boileth, put in the quinces unpared, and let them boyl till they be tender and then take them out and pare them, and ever as you pare them, put them straight into sugar finely beaten: then take the water they were sudden in, and straine it through a fine cloth, and take as much of the same water as you think will make sirrup enough for the quinces, and put in some of your sugar and let it boyl a while, and then put in your quinces and let them boyl a while, and turn them and cast a good deal of sugar upon them they must seeth a pace, and ever as you turn them, cover them still with sugar, till you have bestowed all your sugar; and when you think that your quinces are tender enough take them forth, and if your sirrup be not stiff enough,

To preserve
Quinces.

you may seeth it againe after the quinces are forth. To every pound of quinces you must take more then a pound of Sugar, for the more Sugar you take, the faster your quinces will bee : and the better and longer they will be preserved.

Conserve of
Quinces.

Take two gallons of fair water, and set it on the fire, and when it is luke warme, beat the whites of five or sixe egges, and put them into the water and stirre it well, and then let the water seeth, and when it riseth up all on a curd, then scumme it off. Take quinces and pare them and quarter them, and cut out the core : Then take as many pound of your quinces as of your Sugar, and put them into your liquor, and let it boyl till your liquor be as high coloured as French VVine; and when they be very tender, then take a faire new canvas cloth fair washt, and strain your quinces through it with some of your liquor ; (if they will not goe through easily :) then if you will make it very pleasant, take a little Musk, and lay it in Rose-water, and put it thereto, then take and seeth it, untill it be of such substance, that when it is cold it will cut with a knife ; and then put it into a faire boxe, and if you please lay lease-gold thereon.

To keep Quin-
ces all the year

Take all the parings of your quinces that you make your conserve withall, & three or four other quinces, & cut them in pieces and boyl the same parings, and the other pieces, in two or three gallons of water, and so let them boyle till all the strength bee foddren out of the same quinces and parings, and if any skum arise whilst it boyles, take it away ; then let the said water run thorough a strainer into a fair vessell, and set it on the fire again, and take your quinces that you will keep, and wipe them clean, and cut off the uttermost part of the said quinces, and pick out the kernels and cores as clean as you can, and put them into the said liquor, and so let them boyl till they be a little soft, & then take them from the fire, and let them stand till they be cold, then take a little barrel & put into the said barrel the water that your quinces be foddren in; then take up your quinces with a Ladle, and put them into your barrel, & stop the barrell close, that no ayr come into them, till you have fit occasion to use them; and be sure to take such quinces as are neither bruised nor rotten.

Take.

Take of the best sugar, and when it is beaten searse it very fine, Fine Ginger
Cakes. & of the best Ginger & Cinamon; then take a little Gumdragon, & lay it in Rose-water all night, then pour the water from it, & put the same with a little white of an egge well beaten into a brasse mortar, the sugar, ginger, cinamon, & all together, & beat them together till you may worke it like paste; then take it and drive it forth into cakes, & print them & lay them before the fire, or in a very warm stove to bake. Or otherwise take Sugar and Ginger (as is before said) cinamon & gum-dragon excepted, instead whereof take onely whites of Egges, and so doe as was before shewen you.

Take curds the paring of Limons, of Oranges, or Pomcitrons, or indeed any half ripe green fruit, and boyl them till they be tender in sweet wort; then make a sirrup in this sort; take three pound of Sugar, and the whites of four egges, and a gallon of water, then iwing and beat the water & the egges together; and then put in your Sugar, and set it on the fire and let it have an easier fire, and so let it boyl fixe or seaven walmes, & then strain it through a cloth, and set it on againe till it fall from the spoon, and then put it into the rinds or fruits. To make
Suckers.

Take a quart of Hony clarified, and seeth it till it be brown, Course Ginger
bread. & if it be thick, put to it a dish of water: then take fine crums of white bread grated and put to it & stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloves, Cinamon, & a little Liccras and Anniseeds: then knead it and put it into a mould and print it: some use to put to it also a little Pepper, but that is according unto taste and pleasure.

Dissolve sugar, or sugar-candy in Rose-water, boyl it to an height, put in your roots, fruits or flowres, the sirrup being cold; then rest a little; after take them out and boyl the sirrup again then put in more roots &c. then boyl the sirrup the third time to an hardnesse, putting in more Sugar but not Rose-water, put in the roots, &c. the sirrup being cold, and let them stand till they candy. To candy any
root, fruits, or
flowres.

Thus having shewed you how to preserve, conserve candy, and make pasts of all kinds, in which four heads consists the whole art of banquetting dishes; I will now proceed to the ordering of Ordering of
Banquets. of

or setting forth of a banquet, wherein you shall observe that March-panes have the first place, the middle place, and last place: your preserved fruits shall be dished up first, your pasts next, your wet suckets after them, then your dried suckets, then your Marmalades and cotiniates, then your comfets of all kinds; Next your Peares Apples, VVardens bakt raw or roasted and your Oranges and Lemons sliced; and lastly your VVasercakes. Thus you shall order them in the closet; but when they goe to the table, you shall first send forth a dish made for shew only, as Beast Bird, Fish, fowl, according to invention: then your Marchpane, then preserved Fruit, then a Pasts, then a wet sucket, then dry a sucket, Marmalade, comfets, apples, peares, wardens, Oranges and Lemons sliced; and then wafers and another dish of preserved fruits, and so consequently all the rest before, no two dishes of one kind going or standing together, and this will not only appear delicate to the eye, but invite the appetite with the much variety thereof.

Ordering of
great Feasts &
proportion of
expence.

Now we have drawn our *House-wife* into these several Knowledge of Cookery, in as much as in her is contained all the inward Offices of Household, we will proceed to declare the manner of serving and setting forth of meat for a great Feast, and from it derive meaner, making a due proportion of all things; for what avails it our good *House-wife* to be never so skillfull in the parts of Cookery, if she want skill to marshall the dishes, and set every one in his due place, giving precedency according to fashion and custome. It is like to a Fencer leading a band of men in a rout, who knows the use of the weapon, but not how to put men in order. It is then to be understood, that it is the Office of the Clerk of the Kitchen (whose place our *House-wife* must many times supply) to order the meate at the Dresser, and deliver it unto the Sewer, who is to deliver it to the Gentlemen and Yeomen-waiters to bear to the Table. Now because we allow no Officers but our *House-wife*, to whom we only speak in this Book, she shall first marshall her Sallets, delivering the Grand Sallet first, which is evermore compound: then green Sallets, then boyled Sallets, then some smaller compound Sallets. Next unto Sallets she shall deliver forth all her Fricases, the simple first, as Collops, Rashers, and such like, then

then compound Fricales; after them all, her boyled meates in their degree, as simple broths, stewd-broths, and the boylings of sundry Fowles. Next them all sorts of Rost-meates, of which the greatest first, as chine of Beef, or surloyne, the gigger or legges of Mutton, Goose, Swan, Veale, Pigge, Capon, and such like. Then bak'd-meats, the hot first, as Fallow-Deer in Pasty, Chickens, or Calves-foot pye and Douset. Then cold bak'd meates, Pheasant, Partridges Turkey, Goose, Wood-cock, and such like. Then lastly, Carbanados both simple and compound. And being thus Marshall'd from the Dresser, the Sewer upon the placing them on the Table, shall not set them down as he received them, but setting the Sallets extravagantly about the table, mixe the Fricases about them; then the boyld meates amongst the Fricases, rost meates amongst the boyld, bak'd meates amongst the rost, and Carbonados amongst the bak'd, so that before every trencher may stand a Sallet, a Fricase, a boyld meate, a rost meate, a bak'd meate, and a Carbonado, which will both give a most comely beauty to the Table, and very great contentment to the Guests. So likewise in the second course, he shall first preferre the lesser Wild-fowle, as Mallard, Teyle, Snipe, Plover, Woodcock, and such like: then the lesser Land-fowl, as Chicken, Pidgeons, Partridge, Raile, Turkey, Chickens, young Pea-hent, and such like.

Then the great Wild-fowl; as Bitter, Hearne, Shoveler, Crane, Bustard, and such like. Then the greater Land-fowles: as Peacocks, Pheasant, Puets, Gulls, and such like. Then hot bak'd meates; as Marrowbone pye, Quince-pye, Florentine, and Tarts.

Then cold bak'd meates, as Red Deer, Hare-pye, Gammon of Bacon-pye, Wild-bore, Roe-pye, and such like, and these also shall be marshald at the Table as the first course, not one kind all together, but each severall sort mixt together, as a lesser Wild-fowle, and a lesser Land-fowle; a great VVild-fowle and a great Land-fowle: a hot bak'd meate and a cold: and for made dishes and *Cuquelques* choses, which relie on the invention of the Cook, they are to be thrust in into every place that is empty, and so sprinkled over all the table: and that is the best method for the extraordinary great Feasts of Princes

Princes. But in case it be for much more humble men, then lesser care and fewer dishes may discharge it : Yet before I proceed to that lower rate, you shall understand that in these great Feasts of Princes, though I have mentioned nothing but Flesh, yet is not Fish to be exempted ; for it is a beauty and an honour unto every Feast, and is to be placed amongst all the severall services, as thus ; amongst your Sallets all sorts of soufed-fish that lives in the fresh water ; amongst your Fricases all manner of fryed fish ; amongst your boyld meats, all fish in broths ; amongst your rost meats, all fish served hot, but dry ; amongst the bak'd meats, sea-fish that is souc'd, as Sturgeon, and the like ; and amongst your Carbonados, fish that is broyld. As for your second Course, to it belongeth all manner of shell-fish, either in the shell, or without ; the hot to goe up with the hot meat, and the cold with the cold.

And thus shall the Feast be royall, and the Service worthy.

Now for a more humble Feast, or an ordinary proportion which any good man may keep in his Family, for the entertainment of his true and worthy friends, it must hold limitation with his provision, and the season of the year ; For Summer affords what Winter wants, and Winter is master of that which Summer can but with difficulty have : it is good then for him that intends to Feast, to set down the full number of his full dishes, that is, dishes of meat that are of substance, and not empty, or for shew ; and of these sixteen is a good proportion for one course unto one messe, as thus, for example ; First, a shield of Brawn with mustard ; Secondly, a boyld Capon ; Thirdly, a boyld peece of Beef ; Fourthly, a chine of Beef roasted ; Fifthly, a Neats tongue roasted ; Sixthly, a Pigge roasted ; Seventhly, Chewets bak'd ; Eighthly, a Goose roasted ; Ninthly, a Swan roasted ; Tenthly, a Turkey roasted ; the Eleventh, a haunch of Venison roasted : the twelfth, a Pastie of Venison ; the thirteenth, a Kid with a pudding in the belly, the fourteenth, an Olive-pie ; the fifteenth, a couple of Capons ; the sixteenth, a Custard or Dousets. Now to these full dishes may be added Sallets, Fricases, Quelquechoses and de-

devised p^{te}, as many dishes more. which make the full service no lesse then two & thirty dishes, which is as much as can conveniently stand on one table, & in one mess: and after this manner you may proportion both your second & third course, holding fullness in one halfe of the dishes, & shew in the other, which will be both frugall in the spender, contentment to the guest & much pleasure & delight to the beholders. And thus much touching the ordering of great feasts, & ordinary contentments.

CHAP. 3.

Of Distillations, and their vertues, and of Perfuming.

VWhen your English House-wife is exact in these rules before rehearsed, & that she is able to adorne & beautifie her table, with all the vertuous illustrations meere for her knowledge; she shall then sort her minde to the understanding of other housewifely secrets, right profitable & meete for her use, such as the want thereof may trouble her when need or time requires.

Therefore first I would have her furnish her selfe of very good Stills, for the distillation of all kinds of Waters, which stills would either be of Tin or sweet Earth, and in them she shall distill all sorts of VVaters meet for the health of her household, as Sage water, which is good for all Rhumes, & Collicks; Radish water, which is good for the stone, Angelica water, good against infection: Celadine water for sore eyes: Vine water for itchings; Rose water, & Eye-bright water for dimmesights; Rosemary water for Fistulaes; Treacle water for mouth Cankers; water of Cloves for paine in the Stomack; Saxifrage water for gravell and hard Urine; Alum water for old Ulcers, & a world of others. any of which will last a full yeare at the least. Then she shall know that the best waters for the smoothing the skinne: & keeping the face delicate & amiable, are those which are distilled from Bean-flowers, from Strawberryes, from Vine leaves, from Goates milke, from Asses milke, from the whites of Egges, from the
Of the nature
of Waters.
of Waters.

flowres of Lillies, from Dragons, from Calves feet, from bran, or from yolkes of Egges, any of which will last a year or better.

Additions to distillations.
To distill water of the colour of the hearb or flowre you desire.

To make Aquavitz.

First distill your water in a stillatory then put it in a glasse of great strength, and fill it with those flowers againe (whose colour you desire) as full as you can, and stop it; and set it in the stillatory again, and let it distill, and you shall have the colour you distill.

Take of Rosemary flowres two handfulls, of Marjoram, Winter savory, Rosemary, Rew, unset-Time, Germander, Rybwort, Harts-tongue, Mounseare, white Worme-wood, Buglosse, red Sage, Liver wort, Hoarehound, fine Lavender, Iffop-crops, Peny-royall, Red fennell, of each of these one handfull; of Elicampane rootes, cleane pared and sliced, two handfulls: Then take all these aforesaid and shred them, but not wash them, then take foure gallons and more of strong Ale, and one gallon of sack-lees, and put all these aforesaid herbes shred into it, and then put into it one pound of Lycoras bruised, halfe a pound of Anyseeds cleane sifted and bruised, and of Mace and Nutmegs bruised of each one ounce: then put altogether into your stilling pot, close covered with Rye paste, and make a soft fire under your por, and as the head of the Limbeck heatech, draw out your hot water and put in cold, keeping the head of your Limbeck still with cold water, but see your fire be not too rash at the first, but let your water come at leisure; and take heed unto your stilling, that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a gallon glasse with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of *Rosa solis* halfe a pound of Dates bruised, and one ounce of grains, and halfe a pound of Sugar, halfe an ounce of seede pearle beaten, three leaves of fine gold, stirre all these together well, then stop your glasse, and set it in the sunne the space of one or two months, and then clarifie it and use it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are

Another excellent Aquavitz.

Fill a pot with red wine cleane and strong, and put therein the

the powders of Cammomile, Gilliflowres; Ginger, Pellitory, Nutmegge, Gallengall, Spicknard, Quenebus, graines of pure long pepper, black pepper, Cummine, Fennell seed Smalledge, Parsley, Sage, Rew, Mint, Calamint, and Horshow. of each of them alike quantity, and beware they differ not the weight of a dramme under or above: then put all the powders above-said into the wine, and after put them into the distilling por, and distill it with a soft fire, and look that it be well lured about with Rye-past, so that no fume or breath goe forth, and looke, that the fire be temperate: also receive the water out of the Lymbeck into a glasse viall. This water is called the water of Life, and it may be likened to Balme for it hath all the vertues and properties which Balme hath. This water is cleere, and lighter then Rose-water, for it will flacte above all liquors, for if oyle bee put above this water, it sinketh to the bottome. This water keepeth flesh, and fish, both raw, and sodden, in his owne kind and state; it is good against aches in the bones, the poxes, and such like: neither can any thing kept in this water rot or putrify, it doth draw out the sweetnesse, favour, and vertues of all manner of spices, rootes and herbes that are wet or layd therein; it gives sweetnesse to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the palsie or trembling joynts, and stretchings of the sinewes; it is good against the cold gout, and it maketh an old man seeme young, using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Tyme, Iffop, Sage, Fennell, Nsp, rootes of To make aqua
Elicampane, of each an handfull, or Marjoram and Penny- composita.
royall of each halfe a handfull, eight slips of red Mint, halfe
a pound of Lycoras, halfe a pound of Anniseeds, and two gal-
lons of the best Ale that can be brewed, wash all these herbes
clean, and put into the Ale, Lycoras, Anniseeds, and herbes in-
to a cleane brasse pot, and set your Limbeck thereon, and paste
it round about that no Ayre come out, then distill the water
with a gentle fire, and keep the Limbeck cool above, not suf-
fering it to runne too fast: and take heed when your water
changeth

changeth colour, to put another glasse under, & keepe the first water, for it is most precious, & the latter water keepe by it self & put it into your next pot, & that shall make it much better.

A very principall Aqua composita.

Take of balm, of Rosemary flowres, tops & all, of dried red Rose leaves, of Penny-royal, of each of these a handfull, one roote of Elicampane, the whitest that can be got, three quarters of a pound of Lycoras, two ounces of Cinamon, two Drammes of great Mace; two drammes of Gallengall, three drams of Coriander seedes, three drammes of Carraway seedes, two or three Nutmegges cut in four quarters, an ounce of Anni-seeds, a handfull of borragge ; you must chuse a fair Sunny day to gather the herbs in ; you must not wash them, but cut them in sunder, & not too small ; then lay all your herbes in soufe all night & a day, with the spices grossly beaten or bruised, & then distill it in order afore said: this was made for a learned Phisicians own drinking.

To make the Emperiall water.

Take a gallon of Gascoine wine, Ginger, Gallengall, Nutmegs, Grains Cloves, Anniseeds, Fennel-seeds, Carraway seedes, of each one dramme, then take Sage, Mint, Red roses, Time, Pellitory, Rosemary, VVild-time, Camomile, & Lavender, of each a handfull, then bray the spices small, and the herbs also, & put all together into the wine, & let it stand so twelve houres, stirring it so divers times, then distill it with a Limbeck, & keep the first water, for it is the best : of a gallon of VVine you must not take above a quart of water ; this water comforteth the vital spirits, & helpeth the inward diseases that come of cold, as the palsie, the contraction of sinewes; also it killeth wormes, & comforteth the stomack, it cureth the cold dropfie, helpeth the stone, the stinking breath, and maketh one seeme young.

To make Cinamon water.

Take a pottle of the best Sack, & halfe a pint of Rose-water, a quarter & halfe a pound of good Cinamon well bruised but not small beaten, distill all these together in a glasse-still, but you must carefully look to it, that it boyl not over hastily, & attend it with cold wet cloaths to cool the top of the Still if the water should offer to boyl too hastily. This water is very soveraigne for the stomacke, the head, and all the inward

Inward parts, it helps digestion, and comforteth the vitall spirits.

1. Take *Fennell*, *Rew*, *Vervine*, *Endive*, *Bettony*, *Germander*, *Red-rose*, *Capillus Veneris*, of each an ounce; stamp them, and keep them with white wine a day and a night and distill water of them, which water will divide in three parts: the first water you shall put in a glasse by it self, for it is more precious than gold, the second as silver, and the third as balm, and keep these three parts in glasses: this water you shall give the rich for gold, to meaner for silver, to poor men for balm. This water keepeth the sight in cleare esse, and purgeth all grosse humors.

Six most precious waters, which Hippocrates made & sent to a queen sometimes living in England.

2. Take *Salgemma* a pound, and lap it in a green dock-leaf, and lay it in the fire till it be well roasted and wax white, then put it in a glass against the air a night, and on the morrow it shall be turned to a white water like unto Chrystall, keep this water well in a glasse, and put a drop into the eye, and it shall cleanse and sharp the sight: It is good for any evil at the heart, for the *Morphew*, and the *Canker* in the mouth and for divers other evils in the body.

3. Take the roots of *Fennell*, *Parfly*, *Endive*, *Bettony*, of each an ounce, and first wash them well in lukewarm water, and bray them well with white wine a day and a night, and then distill them into water: This water is more worthy than Balme; it preserveth the sight much, and cleanseth it of all filth, it restraineth teares, and comforteth the head, and avoideth the water that commeth through the pain of the head.

4. Take the seeds of *Parfly*, *Achannes*, *Vervine*, *Carawayes*, and *Centaury*, of each ten drams, beat all these together, and put it in warm water a day and a night, and put it in a vessell to distill: This water is a precious water for all sore eyes, and very good for the health of mans or womans body.

5. Take Limmell of Gold, Silver, Lattin, Copper, Iron, Steele, and Lead; and take Lethargy of Gold and Silver, take Calamint, and Columbine, and steep all together, the first day in the Urine of a man-child, that is between a day and a

night; the second day in white wine; the third day in the juice of Fennel; the fourth day in the white of Eggs; the fifth day in womans milke that nourseth a man-child; the sixth day in red wine; the seventh day in the whites of Eggs; and upon the eighth day bind all these together, and distill the water of them, and keep this water in a vessell of Gold or Silver. The vertues of this water, are these: First, It expelleth all Rhumes, and doth away all manner of sickness from the eyes, and wears away the pearl, pin and web: it draweth again into his own kind the eye-lids that have been bleared, it caseth the ache of the head, and if a man drink it, it maketh him look young, even in old age; besides a world of other most excellent vertues.

6. Take the Goldsmiths-stone, and put it into the fire, till it be red hot, and quench it in a pint of white wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may. and after set it in the sun with water of Fennell distilled, and Vervine, Roses, Celladine, and Rew, and a little Aquavita: and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch four or five inches; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your nail, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it if it ake and temples, and, believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The vertues of
several waters.

The water of *Chervile* is good for a fore mouth.

The water of *Calamint* is good for the stomach.

The water of *Plantain* is good for the fluxe, and the hot dropfie.

Water of *Fennell* is good to make a fat body small, and also for the eyes.

Water of *Violets* is good for a man that is fore within his body, and for the reins, and for the liver.

Water of *Endive* is good for the Dropfie, and for the Jaundise and the stomach.

Water

Water of *Borage* is good for the stomack, and for the *I liaca passio*, and many other sickneses in the body.

Water of both *Sages* is good for the Palsie.

Water of *Betony* is good for old age, and all inward sickneses.

Water of *Radish*, drunk twice a day at each time an ounce or an ounce and a half, doth multiply and provoke Lust, and also provoketh the teares in women.

Rosemary water (the face washed therein both morning and night) causeth a fair and clear countenance; also the head washed therewith, and let dry of it self, preserveth the falling of the haire, and causeth more to grow: also two ounces of the same drunk, driveth Venome out of the body in the same sort as *Mithridate* doth; the same twice or thrice drunk, at each time half an ounce, rectifieth the mother, and it causeth women to be fruitfull. When one maketh a bath of this decoction, it is called the bath of Life: the same drunk, comforteth the heart, the brain, and the whole body, and cleanseth away the spots of the face; it maketh a woman look young, and causeth women to conceive quickly, and hath all the vertues of Balm.

Water of *Rew*, drunk in a morning four or five dayes together, at each time an ounce, purifieth the flowers in women: the same water drunk in the morning fasting, is good against the griping of the bowels, and drunk at morning, and at night, at each time an ounce, it provoketh the termes in women.

The water of *Sorrell* drunk, is good for all burning and besilent Feavers, and all other hot sickneses: being mixt with Beere, Ale, or Wine, it slaketh the thirst: it is also good for the Yellow Jaundise, being taken six or eight daies together: it also expelleth from the liver; if it be drunk, and a cloath wet in the same, and a little wrung out, and so applied to the right side over against the Liver, and when it is dry, then wet another and apply it; and thus doe three or four times together.

Lastly, the water of *Angelica* is good for the head, for inward infection, either of plague or pestilence, it is very so-

veraign for sore breasts; also the same water being drunk of, twelve or thirteen daies together, is good to unlade the stomach of grosse humours and superfluities, and it strengtheneth and comforteth all the universal parts of the body: and lastly, it is a most soveraign medicine for the Gout, by bathing the diseased members much therein.

Now to conclude and knit up this Chapter, it is meet that our Housewife know that from the eight of the Kalends of the Month of *April*, unto the eight of the Kalends of *July*, all manner of herbs and leaves are in that time most in strength, and of the greatest vertue to be used and put in all manner of Medicines; also from the eight of the Kalends of *July*, unto the eight of the Kalends of *October*, the stalkes, stems, and hard branches of every herb and plant is most in strength to be used in Medicines; and from the eight of the Kalends of *October*, unto the eight of the Kalends of *April*, all manner of roots, of herbs and plants are the most of strength and vertue to be used in all manner of Medicines.

An excellent
water for per-
fume.

To make an excellent sweet water for perfume, you shall take of Basil, Mint, Marjerom, Corn-flagge-roots, Iffop, Savory, Sage, Balme, Lavender and Rosemary, of each one handfull; of Cloves Cinamon and Nutmegs of each half an ounce; then three or four Pomcitrons cut into slices, infuse all these into Damask-rosewater the space of three daies, and then distill it with a gentle fire of Char-coale; then when you have put it into a very clean glass, take of fat Musk, Civet, and Amber-greece, of each the quantity of a scruple, and put into it a ragge of fine Lawn, and then hang it within the water. This being burnt either upon a hot pan, or else boiled in perfuming pans with Cloves, Bay-leaves, and Lemon-pile, will make the most delicate perfume that may be without any offence, and will last the longest of all other sweet perfumes, as hath been found by experience.

To perfume
Gloves.

To perfume Gloves excellently take the oyle of sweet Almonds, oyle of Nutmegs, oyl of Benjamin, of each a dram, of Amber-greece one grain, fat Musk two graines: mixe them all together, and grind them upon a Painters stone, and then annoint the Gloves therewith, yet before you annoint them

them, let them be dampishly moistned with Damask Rose-water.

To perfume a Jerkin well, take the oyl of Benjamin a penny worth, oyl of spike and oyl of olives, half penny worths of each; and take two sponges, and warme one of them against the fire and rub your jerkin therewith, and when the oyl is dried take the other sponge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before prescribed for gloves.

To make very good washing balls, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum, of each alike; and bray them to powder with Cloves and Arras; then beate them all with a sufficient quantity of Sope till it be stiff, then with your hand you shall work it like paste, and make round balls thereof.

To make Musk balls, take Nutmegges, Mace, Cloves, Saffron, and Cinamon, of each the weight of two pence, and beat it to fine powder, of Mastick the weight of two pence half penny, of Storax the weight of six pence; of Labdanum the weight of ten pence; of Ambergreece the weight of six pence; and of Musk foure grains, dissolve and work all these in hard sweet sope till it come to a stiff paste, and then make balls thereof.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Masticks white Ambergreece, of each one ounce; Ireos, Calamus Aromaticus, Cypresse wood, of each half an ounce, of camphire one scruple, Labdanum one ounce; beat all these to powder, then take of Sallow Charcole sixe ounces, of liquid Storax two ounces, beat them all with Aquavitz, and then shall you roule them into long round roulees.

To make Pomanders, take two penny worth of Labdanum, two penny worth of Storax liquid, one penny worth of Calamus Aromaticus, as much balm, half a quarter of a pound of fine wax, of Cloves and Mace two penny worth, of liquid Aloes three penny worth, of Nutmegs eight penny worth, and of Musk four graines; beat all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please, and dry it.

To make vinegar.

To make excellent strong vinegar you shall brew the strongest Ale that may be, and having tunned it in a very strong vessel, you shall set it either in your garden or some other safe place abroad, where it may have the whole Summers-day Sun to shine upon it, and there let it lye till it be extream sower; then, into a Hogthead of this vinegar put the leaves of foure or five hundred Damask roses, and after they have layen for the space of a month therein, house the Vinegar and draw it as you need it.

To make dry vinegar.

To make dry vinegar which you may carry in your pocket, you shall take the blacks of green Corn either VVheat or Rye, and beat it in a mortar with the strongest Vinegar you can get till it come to paste, then roul it into little balls, and dry it in the Sun till it be very hard, then when you have occasion to use it, cut a little piece thereof and dissolve it in VVine, and it will make a strong Vinegar.

To make verjuice.

To make Verjuice you shall gather your Crabs as soon as the Kernels turn black, and having laid them a while in a heap to sweat together, take them and pick them from stalks, blacks, and rottenness: then in long troughs with beetles for the purpose, crush and break them all to mass: then make a bag of coorse hair-cloth as square as the press, and fill it with the crushed Crabs, then put it into the press, and press it, while any moisture will drop forth, having a clean vessell underneath to receive the liquor; this done, tun it up in sweet Hogheads, and to every Hoghead put halfe a dozen handfulls of Damask-Rose leaves, and then bung it up, and spend it as you shall have occasion.

Additions to conceited secrets.

Many other pretty secrets there are belonging unto curious housewives but none more necessary then these already rehearsed except such as shall hereafter follow in their proper places.

Take of Arras six ounces, of Damask Rose-leaves as much, of Marjerom and sweet Basill of each an ounce, of Cloves two ounces, yellow Sanders two ounces, of Citron pills seven drams, of Lignum-aloes one ounce, of Benjamin one ounce, of Storax one ounce, of Musk one dram: bruise all these, and put them into a bag of silk or linnen, but silk is the best.

To make sweet powder for baggs.

Take of Arras four ounces, of Gallaminis' one ounce, of Ciris half an ounce, of Rose leaves dried two handfulls, of dried Marjerom.

joram one handfull, of Spike one handfull, Cloves one ounce, To make Benjamin and Rix of each two ounces, of white Saunders and sweet bags. yellow of each one ounce; beat al these into a grois powder then put to it of Musk a dram, of Civet half a dramme, & of Ambergreece half a dram; then put them into a Tassaty bag and use it.

Take of Bay-leaves one handful, of red roses two handfulls, of Damask-Roses three handfulls, of Lavender four handfulls, of Basill one handfull, Marjerom two handfulls, of Canxmile one handfulls of the young tops of sweet briar two handfulls, of How to make Dandelion tansey two handfull, of Orange peels fixe or seven sweet water. ounces, of cloves and Mace a groats worth: put all these together in a pottle of new Ale in corner, for the space of three dayes shaking it every day three or foure times; then distil it the fourth day in a still with a continuall soft fire, and after it is distilled, put into it a grain or two of musk.

Take a quart of malmsey Lees, or a quart of Malmsey A very rare & simply, one handfull of Marjoram, of Basill as much, of La pleant Da- vendar foure handfulls, bay leaves one good handfull, Damask mask-water. rose-leaves four handfulls, and as many of red, the peels of six Oranger, or for want of them one handfull of the tender leaves of walnut-trees, of Benjamin half an ounce of Calamus Aromaticus as much, of camphire four drams, of cloves one ounce, of bildammum half an ounce; then take a pottle of running water, and put in all these spices bruised into your water and malmsey together, in a close stopped pot with a good handfull of Rosemary, and let them stand for the space of six dayes: then distill it with a soft fire: then set it in the Sun sixteen dayes with four grains of Musk bruised. This quantity will make three quarts of water, *Probatum est.*

Take and brew very strong Ale, then take half a dozen gallons of the first running, and let it abroad to cool, and when it is cold put yeast into it, and head it very strongly: then put it up in a firkin, and distil it in the Sun. then take four or five handfull of beanes, and parch them in a pan till they burst: then put them in as hot as you can into the firkin, and stop it with a little clay about the bung-hole: then take a handfull of clean Rye-Leaven and put in the firkin; then take a quantity of barberries, and bruise and strain them into the firkin, and a good

To make the best vinegar.

good handfull of Salt, and let them lye and worke in the Sun from *May* till *August*: then having their full strength, take rose leaves and clip the white ends off, and let them dry in the Sun, then take Elder-flowres and pick them and dry them in the sun, and when they are dry put them in bags, and keep them all the Winter: then take a pottle pot and draw forth a pottle out of the ferkin into the pottle, and put a handfull of the red rose-leaves, and another of the Elders-flowres & put into the pottle, and hang it in the Snn, where you may occupy the same, and when it is empty, take out all the leaves and fill it again as you did before.

To perfume
gloves.

Take Angelica water and Rose-water; and put into them the powder of cloves, amber-greece, Musk, and Lignum Aloes, Benjamin and Calamus aromaticus: boyl these till half be consumed: then strain it and put your Gloves therein; then hang them in the sun to dry, and turn them often: and thus three times, wet them and dry them again: or otherwise, take Rose-water and wet your gloves therein; then hang them up till they be almost dry: then take halfan ounce of Benjamin and grind it with the oyle of almonds, and rub it on the gloves till it be almost dried in: then take twenty grains of Amber greece, and twenty graines of Musk, and grind them together with oyl of Almonds, and so rub it on the gloves, and then hang them up to dry, or lea them dry in your bosome, and so after use them at your pleasure.

CHAP. 4.

*The ordering, preserving, and helping of all sorts of Wines:
and first of the choice of sweet Wines.*

I Doe not assume to my selfe this knowledge of the Vintners secrets, but ingeniously confesse that one, profess skilfull in the Trade, having rudely written, and more rudely disclosed this secret, and preferring it to the Stationer, it came to me to be published, which I have done, knowing that it is necessary, &c. It is necessary, that our English Housewife be skilfull in the election, preserving, and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neg-

neglect must turn the Husband to much loss : therefore to speak first of the election of sweet Wines, she must be carefull that her Malmseys be full Wines, pleasant, well hewed and fine : that *Bastard* be fat, and if it be tawney it skills not ; for the tawney *Bastards* be alwaies the sweetest. Muskadine must be great, pleasant and strong with a sweet sent, and with Amber colour. Sack if it be Seres (as it should be) you shall know it by the mark of a cork burned on one side of the bung, and they be ever full gage, and so are no other Sacks, and the longer they lie, the better they be.

Take a pleasant But of Malmsey, and draw it out a quarter and more ; then fill it up with fat *Bastard* within eight gallons or thereabouts, and parel it with six Egges, yolks and all, one handfull of bay-salt, and a pint of conduit water to every parrell, and if the Wine be high of colour, put in three gallons of new milk, but skim off the Creame first, and beat it well : or otherwise, if you have a good But of Malmsey, and a good pipe of *Bastard*, you must take some empty But or pipe, and draw thirty gallons of Malmsey, and as many of *Bastard*, and beat them all well together ; and when you have so done, take a quarter of a pound of Ginger, and bruise it and put it into your vessell, then fill it up with Malmsey and *Bastard* : Or otherwise thus, if you have a pleasant But of Malmsey which is called Ralt-mow, you may draw out of it forty gallons : and if your *Bastard* be very faint, then thirty gallons of it will serve to make it pleasant : then take four gallons of new milk, and beat it, and put it into it when it lacketh of twelve gallons of ful, and then make your flaver.

Take one ounce of Corianders, of bay-Salt, of Cloves, of each as much, one handfull of Savory : let all these be blended, and bruised together, and sow them close in a bag, and take halfe a pint of Damask-waters and lay your flaver into it, and then put it into your But, and if it fine give it a parrell, and fill it it up, and let it lye till it fine : or else thus, take Coriander rootes a penney-worth, one pound of Anniseedes ; one penney-worth in Ginger, bruise them together, and put them into a bag as before, and make your bagge long and small, that it goe in and
out

To make Muskadine, & give it a flaver.

How to flaver Muskadine.

out at the bung hole, and when you doe put it in, fasten it with a thread at the bung; then take a pint of the strongest Damask-water, and warme it luke warme, then put it into the But, and then stoppe it close for two or three dayes at least; and then, if you please, you may set it a-broach.

To apparell
Muskadine
when it comes
new to be find
in twenty four
hours.

Take seven whites of new laid Egges, two handfuls of Bay-salt, and beat them well together and put therein a pint of Sack or more, and beat them till they be as short as snow; then over-draw the But seaven or eight Gallons, and beat the Wine, and stirre the Lees, and then put in the parell, and beat it, and so fill it up, and stop it close, and draw it on the morrow.

To make
white Bastard.

Draw out of a Pipe of bastard ten Gallons, and put it to five Gallons of new milke, and skimme it as before, and all to beat it with the parell of eight whites of Egges, and a handfull of bay-salt, and a pint of conduit water, and it will be white and fine in the morning. But if you will make very fine Bastard, take a white wine Hogges-head, and put out the Lees, and wash it cleane, and fill it halfe full, and halfe a quarter, and put to it foure gallons of new milk, and beat it well with the whites of six Eggs, and fill it up with white wine and sack, and it will be white and fine.

How to help
Bastard being
cager.

Take two Gallons of the best stoned Honey; and two Gallons of White wine, and boyl them in a fair panne, skimme it clean, and straine it thorow a fair cloth that there be no moats in it; then put to it one ounce of *Corianders*, and one ounce of *Anniseeds*, foure or five *Orange-pills* dry and beaten to powder; let them lye three dayes: then draw your Bastard into a clean pipe, then put in your honey with the rest, and beat it well: then let it lye a week, and touch it not, after draw it at your pleasure.

To make ba-
stard white,
and to rid a-
way Leggs.

If your Bastard be fat and good, draw out forty gallons, then you may fill it up with the laggess of any kind of white wines or Sacks; then take five gallons of new Milke, and first take away the Creame then straine it thorow a cleane cloth, and when your pipe is three quarters full, put in your milke; then beat it very well, and fill it so, that it may lack fifteen Gallons, then
aparell

aparell it thus : take the whites onely of ten Eggs, and beat them in a fair tray with *Bay-salt* and *Conduits water* ; then put it into the pipe and beat it well, and so fill it up, and let it stand open all night : and if you will keep it any while, you must on the morrow stop it close, and to make the same drink like *Ossey*, give it this flaver : take a pound of *Anni-seeds*, two pence in *Corianders*, two pence in *Ginger*, two pence in *Cloves*, two pence in *Graines*, two pence in long *Pepper*, and two pence in *Licorae*; bruiſe all these together : then make two bagges of linnen cloth, long and small, and put your spices into them, and put them into the pipe at the bung, naking them fast there with a thread, that it may sink into the *VVine*, then stop it close, and in two dayes you may broach it.

Take and draw him from his lees, if he have any, and put the wine into a *Malmsey But* to the lees of *Malmsey*, then put *Bastard* if it to the *Bastard* that is in the *Malmsey But*, nigh three gallons ^{A remedy for prick.} of the best *Wort* of a fresh tap, and then fill him up with *Bastard* or *Malmsey*, or *Cute*, if you will ; then aparell it thus : First, Parell him, and beat him with a staffe, and then take the whites of foure new laid Egges, and beat them with a handfull of salt till it be as short as *Mosse*, and then put a pint of running water therein, and so fill the pipe up full, and lay a little stone on the bung, and set it abroach within four and twenty houres, if you will.

If you have a good But of *Malmsey*, and a But or two of Sack that will not be drunk : for the Sack, prepare some empty But or Pipe, and draw it more then halfe full of Sack : then fill it up with *Malmsey*, and when your But is full within a litle, put into it three gallons of *Spanish Cute*, the best that you can get ; then beat it well, then take your Taster, and see that it be deep coloured ; then fill it up with Sack, and give it aparell, and beat it well ; the aparell is this : Take the yolkes of ten Egges, and beat them in a clean bason with a handfull of *Bay-salt*, and a quart of *Conduits water*, and beat them together with a litle piece of *Birch*, and beat it till it be as short as *Mosse*, then draw five or six gallons out of your But ; then beat it againe, and then fill it up, and the next day it will be ready

to be drawn : this apparel will serve both for *Muscadine*, *Bastard*, and for *Sack*.

To shift Malmsey and to rid away ill wines.

If you have two principall Buts of *Malmsey*, you may make three good Buts with your Laggess of *Claret* and *Sack*, If you put two Gallons of red Wine in a But, it will save the more *Cute*: then put two of three Gallons of *Cute*, as you see cause; and if it be *Spanish Cute*, two Gallons will goe further then five gallons of *Candy Cute*, but the *Candy Cute* is more naturall for the *Malmsey*: also one But of good *Malmsey*, and a But of *Sack* that hath lost his colour, will make two good Buts of *Malmsey*, with the more *Cute*; and when you have fil'd your buts within twelve gallons, then put in your *Cute*, and beat it halfe an hour and more: then put in your parell and let it lye.

If Sack want his colour.

First, parell him as you did the *Bastard*, and order him as shall be shewed you for the *white wine* of *Gascoign* with *milke*, and so set him abroad.

For Sack that is tawny.

If your *Sack* have a strong Lee or taste, take a good sweet But, fair washed, and draw you *Sack* into it, and make unto it a parell as you doe to the *Bastard*, and beat it very well, and so stop up your But: and if it be tawny, take three gallons of new *milke*, and strain it cleane, and put it into your *Sacke* then beat it very well, and stop it close.

For sack that doth rape and is brown.

Take a fair empty But with the Lees in it, and draw your *Sacke* into the same from his Lees fine: then take a pound of *Rice flower*, as fine as you can get, and four grains of *Campfire*, and put it into the *Sacke*; and if it will not fine, give it a good parell, and beat it well: then stop it, and let it lye.

To colour sack or any white wine.

If any of your *Sacks* or *white wine* have lost their colour take three Gallons of new *milke*, and take away the Cream; then over draw your wine five or six gallons, then put in your *milke* and beat it; then lay it a fore-taree a'l night, and in the morning lay it up, and the next day (if you will) you may set it abroad.

If Alligant be grown hard.

Draw him out in fresh Lee, and take three or four gallons of *stone-honey* clarified, and being coole, put it in, and parell it with the yolkes of four Eggs, whites and all, and beat it well,

well, and fill it up, and stop it close, and it will be pleatant and quick as long as it is in drawing.

Take three Gallons of white Honey, and two Gallons of red Wine, boyle them together in a faire pan,, and skim it cleane, and let it stand till it be fine and cold, then put it into your Pipe: yet nothing but the finest; then beat it well, and fill it up, and stop it close, and if your Alligant be pleatant and great, it will doe much good, for that one Pipe will rid away divers.

There are two sorts of Rhenish wines, that is to say, *Elstertune* and *Barabant*: the *Elstertune* are the best, you shall know it by the Fat, for it is doublebard, and double pinned; the *Barabant* is nothing so good, and there is not so much good to be done with them as with the other. If the wines be good and pleatant, a man may rid away a hogthead or two of white Wine, and this is the most vantage a man can have by them: and if it be slender and hard, then take three or foure gallons of strong-honey, and clarifie it clean; then put into the hony, foure or five gallons of the same wine, and then let it seeth a great while, and put into it two pence in Cloves bruised, let them seeth together for it will take away the sent of honey, and when it is lodden take it off, and set it by, till it be thorow cold; then take foure gallons of milk and order it as before, and then put all into your wine, and all to beat it; and (if you can) role it, for that is the best way: then stop it close, and let it lye, and that will make it pleatant.

How to order
Rhenish wines

The Wines that be made in *Burdeaux* are called *Gascoine* Wine, and you shall know them by their hazell hoope, and they must be full gage, and sound Wines.

Of what coun-
tryes wines are
by their names.

The Wines of the high countreys, and which are called high-countrey Wines, are made some thirty or forty miles beyond *Burdeaux*, and they come not down so soon as the other: for if they doe, they are all forfeited; and you shall know them ever by their hazell hoops, and the length gage lacks.

Then have you Wines that be called *Galloway*, both in Pipes and Hogtheads, and be long, and lack two Cesterns in gadge and a half, and the wines themselves are high coloured. Then there are other Wines which are called white Wine of *Angulle*,
very

very good Wine, and lacks little of gage, and that is also in pipes for the most part, and is quarter bound. Then there are *Rachell* wines, which are also in pipes long and slender: they are very small hedge-wines sharp in taste, and of a pallid complexion. Your best Sacks are of *Seres* in *Spain*, your smaller of *Galicia* and *Portugall*: your strong Sacks are of the islands of the *Canaries*, and of *Malligo*, and your Muscadine and Malmsey are of many parts of *Italy*, *Greece*, and some special Islands.

Every *Terse* is in depth the middle of the knot in the midst.

The depth of every Hogthead is the fourth pricke above the knot.

The depth of every Puncheon is the fourth prick next to the punchener.

The depth of every Sack-but is the four pricks next to the puncheon.

The depth of the half Hogthead is at the lowest notch, and accounted one.

The depth of the half *Terse* is at the second notch, and is accounted two.

The depth of the half Hogthead and half Pipe, is at the third notch, and accounted three.

The depth of the half-But is at the fourth notch, and is accounted four.

Notes of
gaging of
wines, oyles,
and liquors.

1. The.

1. The first gage is marked thus.



2. The halfe Sestern lacketh thus.



3. The whole Sestern lacketh thus.



4. The Sestern and half lag.



5. The two Sesterns, thus.



6. The two and halfe Sesterns, thus.



The contents
of all manner
of Gascoine
Wine, and o-
thers.

A Bus of Malmsey, if he be full gage, is one hundred and twenty six gallons.

And so the Tun is two hundred and fifty two gallons. Every Sesterne is three gallons.

If you sell for twelve pence a gallon, the Tun is twelve pound, twelve shillings.

And Malmsey and Rhenish wine at ten pence the gallon, is the tun ten pound.

Eight pence the gallon is the tun eight pounds.

Six pence the gallon is the tun six pounds.

Five pence the gallon is the tun five pounds.

Four pence the gallon is the tun four pounds.

Now for Gascoine wine, there goeth foure Hogheads to a Tun and every Hoghead is sixty three gallons, the two hogheads one hundred twenty six gallons; & foure hogheads are two hundred fifty two gallons; and if you sell for eight pence the gallon, you shall make of the tun eight pounds and so forth; looke how many pence the gallons are, and so many pounds the tun is.

Now for bastard, it is the same rate, but it lacketh of gage two Sesterns and a half, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

To chuse Gascoine wines.

See that in your choise of Gascoine wines, you observe, that your Claret wines be faire coloured, and bright as a Rubie, not deep as an Amethyst; for though it may shew strength, yet it wanteth neatnesse: also let it be sweet as a Rose or a Violet, and in any case let it be short; for if it be long, then in no case meddle with it.

For your white wines, see they be sweet and pleasant at the nose, very short, clear and bright, and quick in the taste.

Lastly, for your red Wine, provided that they be deep coloured and pleasant, long, and sweet, and if in them or Claret wine be any default of colour, there are remedies enow to amend and repaire them.

To remedy
Claret wine
that hath lost
his colour.

If your Claret wine be faint, and have lost his colour; then take a fresh Hoghead with his fresh Lees which was very good wine, and draw your wine into the same; then stop

it close and right, and lay it a foretake for two or three dayes that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfect, draw it into a red wine hogthead, that is new drawn with the Lees, and that will colour of himself, and make him strong: or take a pound of Tournesol or two, and beat it with a gallon or two of wine, and let it lye a day or two; then put it into your hogthead, draw your Wine againe, and wash your cloths; then lay it a foretake all night, and roule it on the morrow; then lay it up, and it will have a perfect colour.

And if your Claret wine have lost his colour, take a peny worth of Damascens, or else black bulleses, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup, and put it into a cleane glasse, and after into the hogthead of Claret wine; and the same you may likewise do unto red wine if you please.

And if your white wine be faint, and have lost his colour, if the wine have any strength in it, take to a hogthead so much as you intend to put in, out of the said milk and a handfull of Rice beaten very well, and a little salt; and lay him a foretake, all night, and on the morning lay him up againe, and set it abroach in any wise the next wine you spend, for it will not last long.

A remedy for white wine that hath lost his colour.

Take three Gallons of new milk, and take away the Cream off it; then draw five or six gallons of wine, and put your milk into the hogthead, and beat it exceeding well, then fill it up, but before you fill it up, if you can, roule it; and if it be long and small, take halfe a pound of Roch Allum. finely beaten into powder, and put into the vessell, and let it lie.

For white wine that hath lost his colour.

Take and draw it into new lees of the owne nature, and then take a dozen of new pippins, and pare them, and take away the cores, and then put them in; and if that will not serve, take a handfull of the Oak of Jerusalem and stamp it, then put it into your wine, and beat it exceeding well, and it will not only take away the foulness, but also make it have a good sent at the nose.

A remedy for Claret that drinks foule.

If your red wine drink faint, then take a hogthead that Elegant hath been in with the lees also, and draw your wine in-

to it, and that will refresh it well, and make the wine wel, coloured; or otherwise, draw it close to fresh lees, and that will recover it againe; and put to it three or four gallons of Allegant, and turn it on his lees.

If your red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and the bung up, and his colour wil returne and be faire.

Take a good But of Malmsey, and overdraw it a quarter or more, and fill him up with fat Bastard, and with Cuté a gallon and more, then parrel him as you did your Malmsey.

If Osey compleat hath lost his colour

You shall in all points dresse him, as you did dresse your Sack, or white wine in the like case, and parrel him, and then set him abroach. And thus much touching wines of all sorts, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our English Housewife.

CHAP. V.

Of Wooll, Hempe, Flaxe and Cloth, and dying of Colours, of each severall substance, with all the knowledges belonging thereto.

Our English house-wife after her knowledge of preserving and feeding her Family, must learn also how, out of her own indavours, she ought to cloath them outwardly and inwardly: outwardly for defence from the cold and comeliness to the person; and inwardly for cleanliness and neatness of the skin, whereby it may be kept from the filth of sweat or vermine; the first consisting of woollen cloth, the latter of linnen.

Of making wollen cloth.

To speak then first of the making of wollen cloth, it is the office of a Husbandman at the sheering of his sheep; to bestow upon the House-wife such a competent proportion of wooll, as shall be convenient for the clothing of his Family, which Wooll as soon as she hath received it, she shall open, and with a pair of sheeres (the sheere lying as it were whole before her)

she

she shall cut away all the coorse locks, pitch, brands, tar'd-locks, and other feltrings, and lay them by themselves for coorse Coverlids, or the like: then the rest so clenfed, she shall break into pieces, and roafe it every lock by lock, that is, with her hands open, and so divide the wooll, as not any part thereof may be felted, or close together, but all open and loose; then so much of the Wooll as she intends to spin white, shee shall put by it selfe, and the rest which she intends to put into colours, she shall waigh up, and divide into severall quantities, according to the proportion of the web which she intends to make, and put every one of them into particular bags made of netting, with tallies or little pieces of wood fixed unto them, with privy marks thereon both for the weight, the colour, and the knowledge of the same wooll when the first colour is altered: this done, she shall if she please send them unto the Diers, to be died after her own fancy; yet forasmuch as I would not have our English House-Wife ignorant in any thing meet for her knowledge, I will shew her here, before I proceed any further, how she shall dye her wooll her selfe into any colour meet for her use.

First then to dye wooll black, you shall take two pound of Galls, and bruise them, then take halfe so much of the best greene Coperas, and boyl them both together in two gallons of running water: then shall you put your wooll therein and boyl it; so done, take it forth and dry it. To dye wooll black.

If you will dye your wooll of a bright haire colour: first boyl your wooll in Allum and Water; then take it forth, and when it is cold, take Chamber-lye and chimney-foot, and lour, mixing them together well, boyle your wooll againe therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry. To dye wooll of a haire colour.

If you will dye your wooll into a perfect red colour, set on a pan full of water; when it is hot put in a peck of wheat-bran, and let it boyl a little; then put it into a tub, and put twice as much cold water unto it, and let it stand untill it be a week old; having done so then shall you put to ten pounds of wooll, a pound of Allum; then heate your liquor againe, and put in your Allum, and so soone as it is melted, put in your wooll To dye wooll red.

and let it boyl the space of an houre; Then take it againe, and then set on more bran and water.

Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken, put in the *wooll* and open it, and when it commeth to be very hot, then stir it with a staff, and then take it out and wash it with fair water; then set on the pan again with fair water, and then take a pound of Saradine buck, and put it therein, and let it boyl the space of an Egge seething; then put in the *wooll*, and stirre it three or foure times about, and open it well, and after dry it.

To dye *wooll* blew.

To dye *wooll* blew, take good store of old chamberlye, and set it on the fire; then take halfa pound of blew Neale, Byfe or Indico, and beat it small in a Morter, and then put it into the Lye, and when it seethes put in your *wooll*.

To die a puke.

To dye *wooll* of a puke colour, take Galls, and beat them very small in a Morter, put them into faire seething water, and boyle your *wooll* or your Cloth therein, and boyle them the space of halfe an houre: then take them up, and put in your Coperas into the same Liquor: then put in your *wooll* againe; and doing this once or twice, it will be sufficient.

To die a Cinder colour.

And if you will dye your *wooll* of a Cinder colour, which is a very good colour, you shall put your red *wooll* into your puke liquor; and then it will failelesse to be of a Cinder colour.

To die greene or yellow.

If you will dye your *wooll* either green or yellow then boyle your Woodward in a fair water, then put in your *wooll* or Cloth, and the *wooll* which you put in white, will be yellow, and that *wooll* which you put in blew will be green, and all this with one liquor: provided that each be first boyled in Allom.

When you have thus dyed your *wooll*, into those severall colours, meet for your purpose, and have also dried it well; then you shall take it forth, and toase it over againe as you did before: for the first toasing was to make it receive the colour or dye: this second is to receive the oyl, and make it fit for spinning; which as soon as you have done, you shall mixe your colours together: wherein you are to note that the best medly

medly is that which is compounded of two colours onely, as a light colour and a dark. for to have more is but confusion; The mixing of and breeds no pleasure but distraction to the sight; therefore colours. for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light. As for example, your web contains twelve pound and the colours are red and green: you shall then take eight pound of the green wool, and but four pound of the red; and so of any other colours where there is difference in brightnesse.

But if it be so that you would needs have your cloth of three Colours, as of two dark and one light, or two light and one dark: As thus, you will have Crimson, Yellow, and Puke; you shall take of the Crimson and Yellow of each two pound, and of the Puke eight pound: for this is two light colours to one darke. but if you will take a Puke, a green and an Orange tawny, which is two dark, and one light: then you shall take of the Puke and Greene, and the orange tawny, of each alike quantity; that is to say, of either foure pounds. When you have equally divided your portions, then you shall spread upon the ground a sheet, and upon the same first lay a thin layr or bed of your darker colour, all of one even thicknesse; then upon the same layr, lay another much thinner of the brighter quantity, being so neer as you guesse it, hardly half so much as the darker: then cover it over with another layr of the said colour or colours againe; then upon it another of the bright againe. And thus lay layr upon layr till all your wool be spread; then beginning at one end to role up round and hard together the whole bed of wool; and then causing one to kneel hard upon the houl, that it may not stir nor open, with your hands to ase and pul out all the wool in final pieces. And then taking a pair of Stock cards sharp and large, and bound fast to a forme, or such like thing; and, on the same, Combe and Card all over the Wool, till you see it perfectly and undistinctly mixed together, and that indeed it is become one intire colour of divers, without spots or undivided locks or knots; in which doing you shall be very carefull and heedful with your eye; and if you find any hard knot or other felter in the wool, which will not open, though it be never so

Making of
three colours.

small, yet you shall pick it out, and open it; or else being any other fault, cast it away; for it is the greatest Art in House-wifery to mixe these Wools aright, and to make the Cloth without blemish.

Of the oyling
of wooll.

Your wool being thus mixed perfectly together, you shall then oyl it, or as the plaine House-wife termes it, grease it, in this manner; being laid in a round flat bed, you shall take of the best Rape oyle, or for want thereof, either wel clarified Goose grease, or Swines grease, and having melted it, with your hand sprinkle it all over your wool, and work it very well into the same; then turne your wool about, and do as much on the other side, til you have oyled al the wool over, and that there is not a locke which is not moystened with the same.

The quantity
of oyle.

Now for as much as if you shall put too much oyle upon the wool, you may thereby doe great hurt to the web, and make that the thread will not draw; but fall into many peeces, you shall therefore be sure at the first to give it little enough; and taking some thereof, prove it upon the wheel; And if you see it draws dry, and breaketh, then you may put more oyle unto it; but if it draw well, then to keep it there without any alteration. But because you shall be a little more certaine in the truth of your proportions, you shall know, that three pounds of grease or oyle, will sufficiently annoint or grease ten pounds of wool; and so according to that proportion, you may oyl what quantity you wil.

Of tumming
wooll.

After your wool is oyl'd and annointed thus, you shall then tum it, which is, you shall put it forth as you did before when you mixed it, and card it over againe upon your Stock-cards; and then those cardings which you strike off, are called tummings, which you shall lay by, till it come to a spinning. There be some House-wives which oyl it as they mixe it, and sprinkle every layr as they lay it, and work the oyl into it; and then rouling up as before said, pul it out and tumme it; so that then it goeth but once over the Stock-cards, which is not amisse; yet the other is more certaine, though somewhat painfull.

Of spinning
wooll.

After your wool is thus mixed, oyled, and tummed, you shall

shall then spinne it upon great Wool-wheeles, according to the order of good *Houswifery*: the actions whereof must be got by practice, and not relation; onely this, you shal be carefull to draw your thread according to the nature and goodnesse of your wool, not according to your particulae desire; for if you draw a fine thread from a wool which is of a coorse staple, it will want substance when it comes to the walk-mil, or either there beat in peeces, or not being able to bed, and cover the threads, well, be a cloth of a very short lasting. So likewise if you draw a coorse thread from a Wool of a fine Staple, it will then so much overthick, that you must either take away a great part of the substance of your wool in flocks; or else let the cloth wear coorse and high, to the disgrace of the good Houswifery, and loss of much cloth, which else might have been saved.

Now for the diversities of spinning, although our ordinary English Housewife make none at all, but spin every thread alike, yet the better experienced make two manner of spinning, and two sorts of thread; the one they call warp, the other wift, or else wooffe; warp is spun close, round and hard twisted, being strong and well smoothed, because it runs through the fleeces, and also endureth the fretting and beating of the beam; the wift is spun open, loose, hollow, and but half twisted; neither smoothed with the hand, nor made of any great strength, because it onely crosseth the warp, without any violent straining, and by reason of the softnesse thereof beddeth closer, and covereth the warp so well, that a very little beating in the Mil, bringeth it to a perfect cloth; and though some hold it lesse substantiall than the web, which is all of twisted yarn, yet experience finds they are deceived, and that this open wift keeps the cloth longer from fretting and wearing.

The diversities
of spinning.

After the spinning of your wool, some Housewives use to winde it from the broch into round clewes for more ease in the warping, but it is a labour may very well be saved, and you may as well wrap it from the broch as from the clew, as long as you know the certain weight, for by that onely you are to be directed in all manner of cloth walking.

Winding of
wollen yarne.

Of warping
cloth.

NOW as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our *English Housewife* be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the fallhood of unconfessionable Workmen, and for her owne satisfaction, when she is rid of the doubt of anothers evill doing. It is necessary then that shee first cast, by the weight of her Wool, to know to how many yards of cloth the Webbe will arise; for if the Wool be of a reasonable good staple, and well spun, it wil run yard and pound, but if it be coorse, it will not run so much.

Now in your warping also, you must look how many pounds you lay in your warp, and so many you must necessarily preserve for your weft. For Housewives say, the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the cloth. There be other observations in the warping of cloth, as to number your Porttuses, and how many goes to a yard, to look to the closeness and filling of the steele, and such like, which sometimes hold, and sometimes fail, according to the art of the Workman; and therefore I will not stand much upon them, but refer the Housewife to the instruction of her own experience.

Of weaving of
cloth, walking
and dressing it.

NOW after your cloth is thus warped, and delivered up into the hands of the Weaver, the Housewife hath finisht her labour; for in the weaving, walking, and dressing thereof, she can challenge no property more than to entreat them severally to discharge their duties with a good conscience; that is to say, that the Weaver weave close, strong, and true, that the Walker or Fuller mill it carefully, and looke well to his scowring-earth, for fear of beating holes into the cloth; and that the Clothworker or Sheer-man burle and dresse it sufficiently, neither cutting the wool too unreasonable high, whereby the cloth may not weare rough, nor too low, lest it appear thred-bare ere it come out of the hands of the Taylor.

These things fore-warn'd and performed, the cloth is then to be used at your pleasure.

Of linnen
loth.

The next thing to this, which our *English Housewife* must be

beskilful in, is the making of all sorts of Linnen cloth, whether it be of Hemp or Flaxe; for from those two onely is the most principal cloth derived and made, both in this and in other Nations.

And first touching the Soyl fittest to sow Hemp upon, it must be a rich mingled earth of Clay and Sand, or Clay and Gravel well tempered: and of these the best serveth best for that purpose; for the simple Clay, or the simple Sand are nothing so good; for the first is too tough, too rich, and too heavy, bringeth forth all Bun, and no Rind; the other is too barren, too hot, and too leight, and bringeth forth such slender withered increase, that it is nothing neere worth the labour. Briefly then the best earth is the mixt ground, which *Husband men* call the red hazel ground, being well ordered and manur'd: and of this earth a principal place to sow Hemp on, is in old Stack-yards, or other places kept in the winter time for the laire of sheep or cattle, when your ground is either scarce, or formerly not employed to that purpose; but if it be where the ground is plenty and onely used thereunto, as in *Holland*, in *Lincolnshire*, the Isle of *Axon*, and such like places, then the custome of the Country will make you expert enough therein: There be some that will preserve the ends of their Corn-lands, which butt upon grasse to sow Hemp or Flax thereon, and for that purpose will manure it well with sheep: for whereas Corne which butteth on grasse heds, where cattle are teathered, is commonly destroyed, and no profit issuing from a good part thereof; by this means, that which is sown will be more safe and plentiful, and that which was destroyed, will beare a commodity of better value.

The ground
best to sow
hemp on.

Now for the tillage or ordering of the ground where you sow Hemp or Flax, it would in all points be like that where you sow Barley, or at the least as often broke up, as you doe when you sow Fallow wheat; which is thrice at least, except it be some very mellow and ripe mould, as stack-yards and usual Hemp-lands be; and then twice breaking up is sufficient: that is to say, about the latter end of *February*, and the latter end of *April*, at which time you shall sow it: and

The tillage of
the ground.

herein

herein it is to be noted, that you must sow it reasonable thick with good sound and perfect seed, of which the smoothest roundest, and brightest with least dust in, it is best: you must not lay it too deep in the earth but you must cover it close, leighr, and with so a fine mould as you can possible breake with your harrows, clotting becles, or sleighting: then till you see it appear above the earth, you must have it exceedingly carefully tended, especially an hour or two before the Sun rise and as much before its set: for birds and other vermine, will otherwise pick the seed out of the earth, and so deceive you of your profit.

Of weeding
of hemp and
flax.

Now for the weeding of Hemp, you may save the labour, because it is naturally of it self swift of growth, rough, and venomous to any thing that growes under it. and will sooner of its owne accord destroy those unwholsome weeds than by your labour. But for your Flax or Line, which is a great deal more tender, and of harder increase, you shall as occasion serveth weed it, and trim it, especially if the weeds overgrow it, but not otherwise for if it once get above the weeds, then it will save it self.

The pulling
of hemp or
flax.

Touching the pulling of Hemp or Flaxe, which is the manner of gathering of the same; you shall understand that it must be pulled up by the roots, and not cut as Corn is, either with sicke or hook: and the best time for the pulling of the same is, when you see the leaves fall downward, or turne yellow at the tops, for that is full ripe; and this for the most part will be in *July*, and about *Mary Magd'ins day*. I speak now touching the pulling of Hemp for cloth: but if you intend to save any for seeds, then you shall save the principal buns, and let them stand till it be the latter end of *August* or sometimes til mid *September* following: and then seeing the seed turned browne and hard, you may gather it, for if it stand longer, it will shed suddenly: as for Flaxe, which ripeneth a little after the hemp, you shall pull it as soone as you see the seed turne brown, and bend the head to the earthward, for it will after ward ripen of it self as the bun drieth.

Now for the ripening and seasoning of hemp or flax, you shall

shall so soone as you have pulled it, lay it al along flat, and thin upon the ground, for a day and a night at the most, and no more ; and then as Houf-wifes cal it, tie it up in baites, and rear them upright til you can conveniently carry it to the water, which would be done as speedily as may be. Now there be some which ripen their Hemp and Flaxe upon the ground where it grew, by letting it lye thereon to receive dewes and rain, and the moystnesse of the earth, til it be ripe : but this is a vile and naughty way of ripening, it making the hemp or flax black, rough, and often rotten : therefore I would wish none to use it, but such as necessity compelleth thereunto, and then to be careful to the often turning thereof, for it is the ground only which rots it.

Now for the watering of the Hemp or Flax, the best water The watering of Hemp or Flaxe. is the running stream, and the worst the standing pit, yet because Hemp is a poysonous thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to imploy such pits and ditches as are least subject to annoyance, except you live near some great broad and swift streams, and then in the shallow parts thereof you may water without danger. Touching the manner of the watering thereof, you shall according to the quantity knock foure or six strong stakes into the bottom of the water, and set them square-wise, then lay your round baits or bundles of Hempe downe under the water, the thick end of one bundle one way, and the thicke end of another bundle another way ; and so lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you shall take over-lyers of wood, and binding them overthwart to the stakes, keep the Hemp downe close, and especially, at the four coners ; then take great stones, gravel, and other heavy rubbish, and lay it betweene, and over the over-lyers, and so cover the Hemp close, that is may by no means stirre, and so let it continue in the water foure dayes and nights if it be in a running water ; but if it be in a standing water, then longer, and then take out one of the uppermost baites and wash it ; and if in the washing you see the leaf come off, then you may be assured the Hemp is watered enough : as for Flax, lesse time will serve it, and it will stand the least in three nights.

When

Of washing
out of Hemp
or Flax.

When your Hempe or Flax is thus watered enough, you shal take off the gravel, stones, over-lyers of wood, and unloosing it from the stakes, take and wash out every bait or bundle severally by it selfe, and rub it exceeding cleane, leaving not a leafe upon it, nor any filth within it; then set it upon the dry earth upright, that the water may drop from it which done, load it up, and carry it home; and in some open close, or piece of ground rear it upright either against hedges, pales, wals, backside of houses, or such like, where it may have the full strength or reflection of the Sun, and being thoroughly dried then house it; yet there be some House-wives which as soon as their Hempe comes from the water, will not rear it upright, but lay it upon the ground flat and thin for the space of a fennight, turning it at the end of every two days, first on the one side, then on the other, and then after rear it upright; dry it, and so house it: and this House-wifery is good and orderly.

Now although I have hitherto joyned Hempe and Flax together, yet you shall understand that there are some particular differences betweene them; for whereas your Hempe may within a night or two after the pulling, be carried to the water, your flaxe may not, but must be reared up, and dried and withered a weeke or more to ripen the seed, which done, you must take ripple combs, and ripple your flaxe over, which is the beating or breaking off from the stalks the round bells or bobs which contain the seed, which you must preserve in some dry vessel or place til the spring of the year, and then beat it, or thresh it for your use, and when your flaxe or line is ripled, then you must send it to the water as aforesaid.

After your Hempe or Flaxe hath beene watered, dried, and housed, you may then at your pleasure break it, which is in a brake of wood (whose proportion is so ordinary, that every one almost knowes them) then breake and beat out the dry bun, or hexe of the Hemp or Flax from the rinde which covers it, and when you brake either, you shall do it as near as you can, on a faire dry Sun-shine day, observing to set forth your hemp and Flax, and spread it thin before the Sun, that it may be as dry as tinder before it come to the brake; for if either

either in the lying close together, it shal give againe or sweat, or through the moistnesse of the ayre, or place where it lies, receives any dampishness; you must necessarily receive it dried sufficiently againe, or else it will never brake well, nor the bun brake and fall from the rinde in order as it should.

Therefore, if the weather be not seasonable, and your need much to use your Hemp or Flaxe, you shall then spread it upon your Kalne, and making a soft fire under it, drye it upon the same, and then brake it yet for as much as this soft times dangerous, and much hurt hath been received thereby through casualty of fire, I would with you to stick four stakes in the earth at least five foot above ground, and laying over them small over-layers of wood, and open fleaks or hurdles upon the same; spread your Hemp, and also rear some round about it all, but at one open side; then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evill; and as you brake it, you shall open and look into it, ever beginning to break the root ends first; and when you see the bun is sufficiently crused, fallen away, or at the most hangeth but in very smal shivers within the Hemp or Flax, then you shal say, it is brak't enough, and then terming that which you called a Baite or Bundle before, now a strike, you shal lay them together, and so house them, keeping in your memory either by score or writing, how many strikes of hemp, and how many strikes of Flaxe you brake up every day.

The drying of hemp or flax.

Now that your Hemp or Flax may brake so much the better, you must have for each severall sort two severall brakes, which is an open and widetoothed, or nickt brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beat it forth. Now for Flax, you must take first that which is the straighter for the Hemp, and then after, one of purpose, much straighter and sharper; for the bun of it being more smal tough, and thin, must necessarily be broken into much lesse pieces.

Diversity of brakes.

After your Hemp and Flax is brak't, you shall then swingle it, which is upon a swingle-tree blockt made of a half inch board

board about foure foot above ground, and set upon a strong foot or stock, that will not easily move and stir, as you may see in any House-wives house whatsoever better then my words can express: and with a piece of wood called the swingle-tree dagger, made in the shape and proportion of an old dagger with a reasonable blunt edge; you shall beat out all the loose buns and shivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bun or shiver to be perceived therein, and then striking a twist, and fould in the midst, which is ever the thickest part of the strike, lay them by till you have swingled all; the general profit whereof, is not only the beating out of the hard bun, but also an opening and softning of the tear, whereby it is prepared and made ready for the Market.

Now after you have swingled your Hemp and Flaxe over once, you shall take and shape up the refuse stuff which you beat from the same severally, and not only it, but the tops and knots, and half brackt bun, which fall from the brake also; and drying them againe, cause them to be very well threshed with flayls, and then mixing them with the refuse which fall from the swingle-tree, dresse them all well with threshing and shaking, till the buns be clean driven out of them; and then lay them in some safe dry place till occasion of use: these are called swingle-tree hurds, and that which comes from the Hemp will make window-cloth and such like coarse stuff, and that which comes from the flaxe being a little towed again in a pair of wool cards, will make a coarse harding.

But to proceed forward in the making of cloth, after your hemp or flaxe hath been swingled once over, which is sufficient for the market and for ordinary sale; you shall then for cloath, swingle it over the second time, and as the first did beat away the bun, and soften the rind, so this shall break and divide, and prepare it fit for the heckle; and hurds which are this second time beaten off, you shall also save for that of the hemp (being towed in wool cards) will make a good hempen harding, and that which commeth from the flaxe (used in that manner) a flaxe harding, better then the former.

Of beating
hemp.

After the second swingling of your Hemp, and that the hurds

hurds thereof have been layd by, you shal take the strikes, and dividing them into dozens, and half dozens, make them up into great thick roles, and then as it were broaching them, or spitting them up on long sticks, set them in the corner of some chimney, where they may receive the heat of the fire, and there let them abide, til they be dried exceedingly, then take them, and, laying them in a round trough made for the purpose, so many as may conveniently lye therein, and there with beetles beat them exceedingly, til they handle both without & within as soft and pliant as may be, without any hardness or roughness to be felt or perceived; then take them from the trough and open the roller, and divide the strikes severally as at the first, and if any be insufficiently beaten, role them up, and beat them over as before.

When your Hemp hath been twice swingled, dried and beaten, you shal then bring it to the heckle, which instrument Of heckling
hemp. needeth no demonstration, because it is hardly unknown to any woman whatsoever; and the first heckle shal be coorse open and wide toothed, because it is the first breaker or divider of the same, and the layer of the strikes even and straight; and the hurds which come of this heckling you shal mixe with those of the latter swingling, and it wil make the cloth much better; then you shal heckle it the second time through a good straight heckle, made purposely for Hemp, and be sure to break it very wel and sufficiently thereupon, and save both the hurds by themselves, and the strikes by themselves in several places.

Now there be some very principal good House-wives, which use onely but to heckle their hemp once over, affirming, that if it be sufficiently dryed and beaten, that once going over through a straight heckle will serve without more toils of labour, having been twice swingled before.

Now if you intend to have an excellent piece of Hempen cloth, which shal equal a piece of very pure Linnen; then after you have beaten it, as before said, and heckled it once over, you shal then role it up againe, dry it as before, and beat it againe as much as at the first; then heckle it through a fine flaxen heckle and the Towe which falls from the heckle, wil make a principal hemping, but the teare it self a cloth as pure as fine House-wives Linnen, the indurance and lasting whereof

of rare and wonderful; thus you see the uttermost art in dressing of hemp, for each severall purpose in cloth-making, till it come to the spinning.

Flaxe after it hath been twice *swingled* needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the same manner as you did hemp; only the heckle must be much finer and straiter; and as you did before, the first heckle being much coarser then the latter, holding the strike stiff in your hand, break it very well upon that heckle; then the hurdes which comes thereof, you shall save to make fine hurden cloth of, and the strike it selfe you shall passe thorow a finer heckle; and the hurds, which come from thence, you shall save to make fine middlen cloth of, and the teare it self for the best Linnen.

The dressing of
flax to the
finest use.

To dress flax for the finest use that may be, as to make faire Holland cloth of great price, or thread for the most curious purpose; a secret hitherto almost concealed from the best *House-wives* with us, you shall take your flax after it hath been handled, as is before shewed, and laying three strikes together, plat them in a plat of three, so hard and close together as is possible, joyning one to the end of another, til you have platted so much as you think convenient, and then begin another plat, and thus plat as many severall plats as you think will make a roule, like unto one of your hemp roules before spoke of, and then wreathing them hard together, make up the roule; and so many roules more or lesse, according to the purpose you dresse them for: this done, put the roules into a hempe-trough, and beat them soundly, rather more then lesse than the hempe: and then open and unplat it, and divide every strike from other, very carefully; then heckle it through a finer heckle than any formerly used: for of heckles there be ever three sorts, and this must be the finest: and in this heckling you must be exceeding carefull to do it gently, lightly, and with good deliberation, lest what you heckle from it should run to knots or other hardnes, as it is apt to doe: but being done artificially as it ought, you shall see it look and feele it handle like fine soft cotton, or Jersey wool; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure linnen; and run at

least two yards and a half in the pound; but the teare it selfe wil make a perfect strong, and most fine holland, running at least five yards in the pound.

After your teare is thus drest, you shal spin it either upon wheel or rock, but the wheel is the swifter way, and the rock maketh the finer thread; you shal draw your thread according to the nature of the tear, and as long as it is even, it cannot be too smal, but if it be uneven, it wil never make a durable Cloath. Now for as much as every House-wife is not able to spin her own teare in her own house, you shal make choise of the best Spinners you can hear of, and to them put forth your teare to spin, weighing it before it go, and weighing it after it is spun and dry, allowing weight for weight, or an ounce and a halfe for waste at the most: as for the prices for spinning, they are according to the natures of the Countrey, the fineness of the teare, and the dearness of provisions: some spinning by the pound, some by the lay, and some by the day, as the bargain shal be made.

After your yarn is spun upon spindles, spools, or such like, Of reeling of you shal then reel it upon reeles, of which the reels which are yarn. hardly two foot in length, and have but onely two contrary crosse bares, are the best, the most easie, and lesse to be troubled with ravelling; and in the weaving of your fine yarn, to keep it the better from ravelling, you shal as you reele it, with a Ley-band of a big twist, divide the slipping or skeane into divers Leyes, allowing to every Ley eighty threads, and twenty Leyes to every slipping, the yarne being very fine, otherwise lesse of both kinds; but if you spin by the Ley, as at a pound of Ley or so, then the ancient custome hath been to allow to the reele which was eight yards at above 160 threads to every Ley, and 25. Leyes, and sometimes 30. Leyes to a slipping, which will ordinarily amount to a pound or thereabouts; and so by that you may proportion forth the price for any manner of spinning whatsoever; for if the best thus, then the second so much bated; and so accordingly the worst.

After thus your yarn is spun and reeld, being in the slip- Of the scow- pings you shal scowr it: Therefore, first to fetch out the spots, ring of yarn. you shal lay it in lukewarm water, and let it dye so three or

fourte dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a wel or brook, and there rinse it, til you see that nothing cometh from it, but pure cleane water; for whilst there is any filth within it, there will never be white cloth; which done, take a bucking tub, and cover the bottome thereof with very fine Ashen-ashes: then opening your slippings, and spreading them, lay them on those Ashes, then cover those slippings with ashes againe, then lay in more slippings, and cover them with ashes as before, and thus lay one upon another, til all your yarn be laid in; then cover the uppermost yarne with a bucking cloth, and lay therein a peck or two (according to the bignesse of the tub) of ashes more then powre into all through the uppermost cloth so much warme water, til the tub can receive no more; and so let it stand all night: the next morning, you shall set a Kettle of cleane water on the fire; and when it is warme, you shall pul our the spigget of the bucking tub, and let the water therein run into another cleane vessel; and as the bucking tub wasteth, so you shall fill it up againe with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it up againe with the lie which cometh from the bucking tub, ever observing to make the lie hotter and hotter til it seeth: and then when it so seetheth, you shall as before apply it with boyling lie, at least four houres together, which is called, the driving of a buck of yarn. All which being done, you shall take off the Bucking cloth, and then putting the yarne with the Lie-ashes into large Tubs or Boles, with your hands as hot as you can suffer it to posse, and labour the yarne ashes, and Lie, a pretty while together; then carry it to a Well, River, or other cleane scouring water, and there rinse it as cleane as may be from the ashes; then take it, and hang it up upon poles abroad in the ayre all day, and at night take the slippings downe, and lay them in water all night; then the next day hang them up againe, and if any part of them dry, then cast water upon them, observing ever to turn that side outmost which whiteth slowest; and thus doe at least seven dayes together: then put all the yarne againe into a Bucking-Tub without ashes: and cover

Whiting of
yarn.

it as before with a Bucking cloth, and lay thereupon good store of fresh alhes, and drive that buck as you did before, with very strong scething lyes, the space of half a day or more; then take it forth, possit, rince it, and hang it up as you did before on the days, and laying it in water on the nights, and therewith, and then wash it over in fair water, and so dry it up.

Other wayes there are of scourings and whiting of yarn; as sleeping it in brim and warme water, and then boyling it with Ozer flicks, wheat straw, water, and alhes, and then possing, rinsing, and bleaching it upon hedges, or bushes; but it is a foule and uncertaine way, and I would not wish any good House-wife to use it.

After your yarne is scoured and whited, you shall then wind it up into round balls of a reasonabie bignesse, rather without bottomes then with any at all, because it may deceive you in the waight; for according to the pounds will arise your yards and lengths of cloth.

After your yarn is wound and weighed, you shall carry it to the Weavers, and wrap it as was before shewed for wollen cloth, knowing this, that if your Weaver be honest and skillfull, he will make you good and perfect cloth of even and even, that is just the same weight it wese that there was in warp. As for the action of weaving it self, it is the work-mans occupation, and therefore to him I refer it.

After your cloth is woven and the Web or Webs come home, The scouring you shall first lay it to steep in all points as you did your yarn, and whiting to fetch out soyling and other filth which is gathered from of cloth.

the Weaver; then rince it also as you did your yarn, then buck it also in lie and alhes, as before said, and rince it, and then having loops fixt to the selvedge of the cloth, spread it upon the grafs and stake it down at the uttermost length and breadth, and as fast as it dries water it again, but take heed you wet it not too touch, for feare you mildew or rot it; neither cast water upon it, till you see it in a manner dry, and be sure weekly to turne it first on one side, and then on the other, and at the end of the first week you shall buck it as before in Lie and Alhes: Again then rince it, spread it, and water it as before; then if you see it whites apace, you need not to give it any more bucks with

the ashes and the cloth mixt together: but then a couple of clean bucks (as was before shewed in the yarn) the next fortnight following; and then being whitened enough, dry up the cloth and use it as occasion shall require; the best season for the same whitening being *April* and *May*. Now the coorse and worst house wives, scour and white their cloth with Water and bran, and buck it with lie and green hemlocks: but, as before I said, it is not good, neither would I have it put in practise. And thus much for wool, hemp, flax, and cloth of each severall substance.

CHAP. 6.

Of Dairies: Butter, Cheese, and the necessary things belonging to that Office.

There followeth now in this place after these knowledges already rehearsed, the ordering and Government of Dairies, with the profits and commodities belonging to the same. And first touching the stock wherewith to furnish Dairies, it is to be understood, that they must be Kine of the best choice and breed that our *English House-wife* can possibly attain unto, as of big bone, fair shape, right bred, and deep of milk, gentle and kindly.

Bigness of
Kine.

Touching the bigness of bone, the larger that every Cow is, the better she is: for when either age or mischance shall disable her for the pail, being of large bone she may be fed, and made fit for the shambles, and so no loss but profit; and an other to the pail as good and sufficient as her self.

For her shape, it must a little differ from the Butchers rules; for being chose for the Dairy, she must have all the signes of plenty of milk; as a crumpled horn, a thin neck, a hairy dew-lap, and a very large udder, with four teate, long, thicke, and sharpe at the ends; for the most part either all white, of what colour soever the Cow be; or at least the fore part thereof: and if it be well hair'd before and behind, and smooth in the bottome, it is a good signe.

The breed of
Kine.

As touching the right breed of Kine through our nation, it

it generally affordeth very good ones, yet some Countries doe far exceed other Countries; as *Cheshire, Lancashire, York-hire, and Darby-hire*, for black Kine; *Gloucestershire, Sowertheshire,* and some part of *Wiltshire*, for red Kine; & *Lincolnshire* for pide Kine: and from the breeds of these Countries generally doe proceed the breeds of all other, howsoever dispersed over the whole Kingdome. Now for our Housewives directions, these shall chuse her Dairy from any of the best breeds before named, according as her opinion and delight shall governe her, onely observing not to mixe her breeds of divers kinds, but to have all of one intire choice without variation, because it is unprofitable; neither must you by any meanes have your Bull a forreiner from your Kine, but either of one country, or of one shape and colour: againe in the choice of your Kine, you must look diligently to the goodnes and fertility of the soil wherein you live, and by all means buy no Kine from a place that is more fruitfull then your own, but rather harder; for the latter will prosper and come on, the other will decay and fall into diseases; as the pissing of blood, and such like. For which disease, and all other, you may finde assured cures in the former book, called *Cheap and good*.

For the depth of milk in Kine (which is the giving of most milk) being the main of a Housewives profit, she shall be very carefull to have that quality in her beasts. Now those Kine are said to be deepest of milk, which are new hare: that is, which have but lately calved, and have their milke deepe springing in their udders, for at that the giveth the most milk; and if the quantity then be not convenient, doubtlesse the Cow cannot be said to be of deep milk: and for the quantity of milk, for a Cow to give two gallons at a meale, is rare and extraordinary; to give a Gallon and a half is much and convenient, and to give but a gallon certaintly is not to be found fault with: againe, those Kine are said to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity and give it long, as all the year through, whereas other Kine that give more in quantity, will goe dry, being with Calfe some three moneths, some two, and some one, but these will give their

Depth of milk
in Kine.

Of the going
dry of Kine.

usual measure even the night before they calve ; and therefore are said to be Kine, deep of milk. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not forth so good a Calfe as the other, because it wanteth much of the nourishment it should enjoy, it is vaine and frivolous ; for, should the substance from whence the milk proceedeth convert to the other intended nourishment, it would be so superabundant, that it would convert either to disease or putrefaction : but letting these secret reasons passe, there be some Kine which are so exceedingly full of milke, that they must be milkt at least thrice a day, at morning, noone, and evening, or else they will shed their milk; but it is a fault rather then a vertue, and proceedeth more from a laxativenesse or looseness of milk, then from any abundance ; for I never saw those three meales yet, equal the two meales of a good Cow ; and therefore they are not truly called deep of milk.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other ; for if she be not affable to the Maid, gentle and willing to come to the paille, and patient to have her dugs drawn without skittishness, striking or wildness, she is utterly unfit for the dairy.

Of kindlenesse
in Kine.

As a Cow must be gentle to her milker, so she must be kind in her owne nature ; that is, apt to conceive, and bring forth, fruitful to nourish, and loving to that which springs from her ; for so she bringeth forth a double profit, the one for the time present, which is in the Dairy, the other for the time to come which is in the maintenance of the stock, and upholding of breed.

The best time
to calve in, for
the dairy or
breed.

The best time for a Cow to Calve in for the dairy, is in the latter end of *March*, and all *Aprill* ; for then grass beginning to spring to its perfect goodness, will occasion the greatest increase of milk that may be, and one good early Cow will countervaike two latter, yet the Calves thus calved are not to be reared, but suffered to feed upon their Dams best milk, and then to be sold to the Butchers, and surely the profit will equal the charge ; but those Calves which fall in *October* *November*, or any time of the depth of Winter may well be reared.

reared up for breed, because the maine profit of the Dairy is then spent, and such breed wil hold up any Calves which are calved in the prime dayes, for they generally are subject to the disease of the Hurdy, which is dangerous and mortall.

The Housewife which onely hath respect to her dairy, and for whose knowledge this discourse is written (for we have shewed the Grasier his Office in the English Husbandman) must reare her calves upon the finger with flotten milke, and not suffer them to runne with their dams: the generall manner whereof, and the cure of al the diseases incident to them and al other Cattel is fully declared in the book called *Cheap and good*.

Rearing of Calves.

To proceed then to the general use of Dairies, it consisteth first in the cattell (of which we have spoken sufficiently) then in the houres of milking, the ordering of the milk, and the profits arising from the same. The best and most commended houres for milking, are indeed but two in the day; that in the Spring and Summer time which is the best season for the Dairy, is betwixt five and six in the morning, and six and seven a clock in the evening: and although nice and curious Housewives will have a third houre betwixt them, as betweene twelve and one in the afternoone, yet the better experienc'd doe not allow it, and say as I beleive, that two good meals of milk are better ever than three bad ones; also in the milking of a Cow, the woman must sit on the neer side of the Cow, she must gently at the first handle and stretch her dugs, and moysten them with milk that they may yeeld out the milke the better and with lesse paine: she shal not settle her selfe to milk, nor fix her paille firme to the ground til she see the Cow stand sure and firme, but be ready upon any motion of the Cow to save her paille from overturning: when she seeth all things answerable to her desire, she shal then milke the Cow boldly, and not leaving stretching and straining of her teates, til not one drop of milk more wil come from them; for the worst point of Housewifery that can be, is to leave a Cow halfe milkt; for besides the losse of the milk, it is the onely way to make a Cow dry, and utterly unprofitable for the Dairy. The Milkmaid whilest she is in milking, shal doe nothing rashly or

The generall use of dairies.

The houers of milking.

suddenly about the Cow, which may afright or amaze her ; but as she came gently, so with all gentlenesse she shall depart.

Ordering of
milk.

Touching the well ordering of milk after it is come home to the Dairy, the maine point belonging thereunto is the House-wifes cleanness in the sweet and neat keeping of the Dairy-house; where not the least moat of any filth may by any meanes appear, but all things either to the eye or nose so void of fowrenesse or stutishness that a Princes bed-chamber must not exceede it: to this must be added the sweete and delicate keeping of her milk vessels, whether they be of wood earth or lead, the best as yet is disputable with the best House-wives; onely this opinion is generally received, that the wooden vessel, which is round and shallow is best in cold vaults; the earthen vessels principal for long keeping, and the leaden vessel for yeelding of much Creame: but howsoever any and all these must be carefully scalded once a day, and set in the open ayre to sweeten, lest getting any taint of fowrenesse into them, they corrupt the milk that shall be put therein.

Sylling of
Milk.

But to proceed to my purpose, after your milk is come home, you shall as it were straine it from all uncleane things, through a neat and sweet kept Syldish, the forme whereof every House-wife knowes; and the bottome of this Syld through which the milk must passe, must be covered with a very clean washt fine linnen cloath, such an one as will not suffer the least mote or haire to goe through it: you shall into every vessel soyle a pretty quantity of milk, according to the proportion of the vessel, the broader it is, and the shallower it is, the better it is, and yeeldeth ever the most creame, and keepeth the milk longest from sowing.

Profits arising
from milk.

Now for the profit arising from milke, they are three of especiall account, as Butter, Cheefe, and Milk, to be eaten simple or compounded; as for Curds, sower Milk, or Wigge, they come from secondary means, and therefore may not be numbered with these.

Of Butter.

For your Butter which onely proceedeth from the Cream, which is the very heart and strength of Milk, it must be gathered very carefully, diligently, and painfully: And though
cleanli-

cleanlinesse be such an ornament to a Hout-wife, that if she want any part thereof, she loseth both that and al good names else: yet in this action it must be more seriously employed then in any other.

To begin then with the fleeting or gathering of your ^{Of fleeting} Creame from the milk, you shall doe it in this manner: The ^{creame.}

Milk which you doe Milk in the morning you shall with a fine thin shallow dish, made for the purpose, take off the Creame about five of the clock in the evening; and the Milk which you did milk in the evening, you shall fleet and take off the Creame about five of the clock the next morning; and the Cream so taken off, you shall put into a cleane sweete and wel leaded earthen pot close covered, and set it in a close place: and this Cream so gathered you shall not keep above two dayes in the Summer, and not above foure in the Winter, if you will have the sweetest and best butter, and that your Dairy containe five Kine no more; but how many or few soever you keep, you shall not by any means preserve your Cream above three dayes in Summer, and not above six in the Winter.

^{Of keeping}
creame.

Your Creame being neatly and sweet kept, you shal churme ^{Of churning} or churme it on those usual dayes which are fittest either for ^{butter, and the} your use in the house, or the Markets adjoyning neere unto you, ^{dayes.}

according to the purpose for which you keep your Dairy. Now the dayes most accustomedly held amongst ordinary Housewives, are Tuesday and Friday; Tuesday in the afternoon, to serve Wednesday morning market, and Friday morning to serve Saturday market: for Wednesday and Saturday are the most generall market dayes of this Kingdome, and Wednesday, Friday, and Saterdag, the usuall fasting dayes of the weeke, and so meetest for the use of Butter. Now for churning, take your cream, and through a strong and cleane cloth straine it into the churm; and then covering the churme close, and setting it in a place fit for the action in which you are employed; as, in the Summer, in the coolest place of your Dairy, and exceeding early in the morning, or very late in the evening: And in the Winter, in the warmest place of your dairy, and in the most temperate houres, as about noone, or a little before or after, and so churm it with swifte.

swift stroakes, marking the noise of the same, which will be solid, heavy, and entire, until you hear it alter, and the sound is leight, sharp, and more spiritly; and then you shall say that your butter breaks, which perceived both by this sound, the leightnesse of the churn stasse, and the sparkes and drops which will appeare yellow about the lip of the churn; then cleanse with your hand both the lidde and inward side of the churn, and having put altogether, you shall cover the churn againe, and then with easie stroakes round and not to the bottom, gather the butter together into one intire lump and body, leaving no peeces thereof severall or unjoyned.

Helps in
churning.

Now forasmuch as there be many mischiefs and inconveniences which may happen to butter in the churning, because it is a body of much tenderneffe, and neither will indure much heat nor much cold; for if it be over-heated, it will look white, crumble, and be bitter in taste; and if it be over cold it will not come at all, but make you waste much labour in vaine: which faults to help, if you churme your butter in the heat of summer, it shal not be amisse, if during the time of your churning, you place your churn in a pail of cold water, as deep as your Creame riseth in the churn, and in the churning thereof let your strokes go flow, and be sure that your churn be cold when you put in your creame: but if you churme in the coldest time of winter, you shall then put in your cream before the churme be cold, after it hath beene scalded, you shall place it within the air of the fire, and churn it with as swift strokes, and as fast as may be, for the much labouring of it will keep it in a continual warmth, and thus you shall have your butter good, sweet, and according to your wish. After

The handling
of butter.

your butter is churn'd, or churn'd and gathered well together in your churn, you shall then open your churn, and with both your hands gather it wel together, and take it from the butter milke, and put it into a very cleane bowl of wood, or panshion of earth sweetned for the purpose, and if you intend to spend the butter sweet and fresh, you shall have your bowl or panshion filled with very cleane water, and therein with your hand you shal work the butter, turning and tossing it

to

to and tro, til you have by that labour beaten and washt out all the butter-milk, and brought the butter to a firm substance of it self, without any other moisture; which done, you shall take the butter from the water, and with a point of a knife scotch and slice the butter over and over every way, as thick as is possible, leaving no part through which your knife must not pass; for this will cleanse and fetch out the smallest haire or mote, or rag of a strainer, and any other thing which by casual means may happen to fall into it.

After this you shall spread the butter in a bowl thinne, and take so much salt as you shall think convenient, which must by no means be much for sweet butter, and sprinkle it there-upon; then, with your hands work the butter and the Salt exceedingly well together, and then make it up either into dishes, pounds, or half pounds at your pleasure.

If during the moneth of *May* before you salt your butter you save a lump thereof, and put it into a vessel, and so set it into the sun the space of that moneth, you shall finde it exceeding soveraign and medicinable for wounds, straines, aches, and such like grievances. Of May-butter.

Touching the powdering up, or potting of butter, you shall by no means, as in fresh butter, wash the butter milk out with water, but onely work it clear out with your hands; for water will make the butter rusty, or reese: this done, you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you would be deceived in the weight: which done, you shall open the butter, and salt it very well and thoroughly, beating it in with your hand till it be generally disperst through the whole butter; then take cleane earthen pots, exceedingly well leaded, lest the brine should leak through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same; and when your pot is filled; then cover the top thereof with salt so as no butter be scene: then closing up the pot let it stand where it may be cold and safe: but if your Dairy be so little that you cannot at first fil up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and put the next quantity upon it till the pot be full. Now

Now there be Housewives whose Dairies being great, can by no means conveniently have their butter contained in pots, as in *Holland, Suffolk, Norfolk*, and such like, and therefore are first to take barrels very close and well made; and after they have salted it wel, they fill their barrels therewith; then they take a small stick cleane, and sweet, and therewith make divers holes down through the butter, even to the bottome of the barrel; and then make a strong brine of water and salt which wil beare an egge, and after it is boyl'd, wel skimmed and cool'd, then powr it upon the top of the butter, til it swim above the same, and so let it settle. Some use to boyl in this brine a branch or two of *Rosemary*, and it is not amisse, but pleasant and wholesome.

When to pot
butter.

Now although you may at any time betwixt *May* and *September* pot up butter, observing to doe it in the coolest time of the morning; yet the most principal season of all is in the moneth of *May* onely; for then the air is most temperate, and the butter wil take salt the best, and the least subject to reeling.

The best use of butter milk for the ablest Housewife is charitably to bestow it on the poor neighbours. whose wants doe dayly cry out for sustenance. and no doubt but she shall finde the profit thereof in a divine place, as wel as in her earthly businesse. But if her owne wants command her to use it for her own good, then she shall of her butter milk make curds, in this manner: she shall take her buttermilk and put it into a cleane earthen vessel, which is much larger then to receive the butter milk onely; and looking unto the quantity thereof, she shall take as it were a third part so much new milk, and set it on the fire, and when it is ready to rise, take it off, and let it cool a little; then powr it into the butter milk in the same manner as you would make a posset, and having stirred it about, let it stand; then with a fine skimmer, when you wil use the curds (for the longer it stands, the better the curds wil cate) take them up into a Cullander, and let the whey drop wel from it, and then eat them either with Cream, Ale, Wine, or Beere: as for the Whey, you may keep it also in a sweet stone vessel: for it is that which is called Whig.
and

and it is an excellent cool drink, and wholsom, and may very well be drunk a summer through, in stead of any other drink; and without doubt wil slake the thirst of any labouring man as wel, if not better.

The next main profit which ariseth from the Dairy, is Of Cheefe. Cheefe, of which there be divers kinds, as new milk, or morrow milk Cheefe, Nettle-cheefe, Floaten-milk-cheefe, and Eddish, or After-math-cheefe, all which have their severall orderings and compositions, as you shall perceiue by the discourse following. Yet before I do beginne to speak of the making of the Cheefe, I wil shew you how to order your Cheeflep-bag or Runnet, which is the most principal thing wherewith your Cheefe is compounded, and giveth the perfect taste unto the same.

The Cheeflep bag, or Runnet, is the stomach bag of a Of the Cheefe-
young sucking Calf, which never tasted other food than milk, lep bag or
where the curd lyeth undigested. Of these bags you shall in Runnet.
the beginning of the year provide your self good store, and first open the bag, and powre out into a clean vessel the curd and thick substance thereof; but the rest which is not curdled you shall put away: then open the curd and pick out of it all manner of mores, chiers of grasse, or other filth gotten into the same: then wash the curd in so many cold waters, til it be as white and clean from all sorts of moats as is possible; then lay it on a clean cloath that the water may draine from it, which done; lay it in another dry vessel; then take a handful or two of salt, and rub the curd therewith exceedingly, then take your bag and wash it also in divers cold waters til it be very clean, and then put the curd and the salt up into the bag, the bag being also wel rub'd within with salt; and so put it up, and salt the outside also over, and then close up the pot close, and so keep them a full year before you use them. For touching the hanging of them up in chimney corners (as coorse Housewives doe) it is floutish, naught, and unwholsome; and the spending of your Runnet whilst it is new, makes your Cheefe heavy and to prove hollow.

When your Runnet or Earning is fit to be used, you shall
season

season it after this manner; you shall take the bag you intend to use, and opening it, put the curd into a stone mortar or a bowl, and with a wooden peble, or a rolling pin beat it exceedingly; then put to it the yolks of two or three eggs, and halfe a pint of the thickest and sweetest cream you can steer from your milk, with a penny worth of Saffron finely dried and beaten to powder, together with a little Cloves and Mace, and stir them all passing wel together, til they appear but as one substance, and then put it up in the bag again: then you shall make a very strong brine of water and salt, and in the same you shall boyl a handful of Saxifrage, and then when it is cold clear it into a cleane earthen vessel: then take out of the bag half a dozen spoonfuls of the former curd, and mixe it with the brine; then closing the bag up again close, hang it with the brine, and in any case also steep in your brine a few Walnut-tree leaves, and so keep your Runnet a fortnight after before you use it, and in this manner dresse all your bags so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least; for that will make the earning quick and sharp, so that four spoonfuls thereof will suffice for the gathering and seasoning of at least twelve Gallons of milk, and this is the choicest and best earning which can possible be made by any Housewife.

To make a new milk or morning milk cheefe, which is the best cheefe made ordinarily in our Kingdome; you shall take your milk early in the morning as it comes from the Cow, and syle it into a cleane tub; then take all the Creame also from the milke you milke'd the evening before, and straine it into your new milk: then take a pretty quantity of cleane water, and having made it scalding hot, powr it into the milk; also to scald the cream, and it together; then let it stand, and cool it with a dish til it be no more than luke-warm; then goe to the pot where your earning bags hang, and draw from thence so much of the earning without stirring of the bag, as will serve for your proportion of milk, and strain it therein very carefully; for if the least mote of the curd of the earning fall into the cheefe, it will make the cheefe rot and mould;

mould; when your earning is put in, you shall cover the milk, and so let it stand halfe an hour or thereabout; for if the earning be good it will come in that space; but if you see it doth not, then you shall put in more; being come, you shall with a dish in your hand break and mash the curd together, pressing and turning it diversly: which done, with the flat palmes of your hands very gently press the curd downe into the bottome of the Tub; then with a thin dish take the whey from it as cleane as you can, and so having prepared your Cheefe-fat answerable to the proportion of your curd with both your hands joyned together, put your curd therein and break it, and press it down hard into the fat till you have sild it; then lay upon the top of the curd your hard cheefe-board, and a little small weight thereupon; that the whey may drop from it into the under vessel; when it hath done dropping, take a large Cheefe-cloth, and having wet it in the cold water, lay it on the Cheefe-board, and then turn the Cheefe upon it; then lay the cloth into the Cheefe-fat, and so put the Cheefe therein again, and with a thinn slice thrust the same down close on every side; then layings the cloth also over the top to lay on the Cheefe-board, and so carry it to your great presse, and there press it under a sufficient weight; after it hath been there prest halfe an hour, you shall take it, and turn it into a dry cloth, and put it into the presse againe, and thus you shall turne it into dry cloths at least five or six times in the first day, and ever put it under the presse again, not taking it therefrom till the next day in the evening at soonest, and the last time it is turned, you shall turne it into the dry fat without any cloth at all.

When it is prest sufficiently, and taken from the fat, you shall then lay it in a Kimmel, and rub it first on the one side, and then on the other, with salt and so let it lie all that night; then the next morning you shall doe the like again, and so turne it over upon the brine, which comes from the salt two or three daies more, according to the bignesse of the Cheefe, and then lay it upon a faire table or cloth to dry, sfdgering it every day once to rub it all over with a cleane cloth, and

and then to turn it till such time that it be thoroughly dry, and fit to goe into the Cheefe-heck : and in this manne of drying you must observe to lay it first where it may dry hastily, and after where it may dry at more leasure : thus may you make the best and most principal Cheefe.

A cheefe of
two meals.

Now if you wil make a Cheefe of two meales, as your mornings new milk, and the evenings cream milk, all you shall doe, is but the same formerly rehearsed. And if you wil make a simple morrow milk Cheefe, which is all of new milk and nothing else, you shall then doe as is before declared, onely you shall put in your earning so soon as the milk is sild (if it have any warmth in't) and not scald it : but if the warmth be lost, you shall put it into a kettle, and give it the air of the fire.

Of Nettle
cheefe.

If you wil have a very dainty nettle Cheefe, which is the finest summer cheefe which can be eaten ; you shall doe in all things as was formerly taught in the new milk cheefe compounding. Onely you shall put the curd into a very thin Cheesfat, not above half an inch, or a little better deep at the most, and then when you come to dry them as soon as it is drained from the brine, you shall lay it upon fresh nettles, and cover it all over with the same, and so lying where they may feel the air, let them ripen therein, observing to renew your nettles once in two dayes, and every time you renew them, to turn the Cheefe or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your cheefe hath, the more dainty is your Housewife accounted.

Of floaten
milk cheefe.

If you wil make floaten milk cheefe, which is the cooifest of all cheefe, you shall take some of the milk and heat it upon the fire to warm all the rest ; but if it be so cold that you dare not adventure the warming of it for fear of breaking, then you shall heat water, and with it warm it ; then put in your earning as before shewed, and gather it, press it, sale it, and dry it as you did all other Cheeses.

Of Eddish
cheefe.

Touching your Eddish Cheefe, or Winter Cheefe there is not any difference betwixt it and your summer cheefe, touching

ing the making thereof onely, because the season of the year denieth a kindly drying or hardning thereof, it differeth much in taste, and will be soft alwaies; and of these eddish Cheeses you may make as many kindes as of Summer Cheeses, as of one meale, two meales, or of milk that is floaten.

When you have made your Cheese, you shall then have care of the Whey, whose general use differeth not from that of Butter-milk, for either you shall preserve it to bestow on the poor, because it is a good drink for the labouring mans, or keep it to make curds out of it, or lastly to nourish and bring up your Swine.

If you will make curds of your best Whey, you shall set it Of whey curds. upon the fire, and being ready to boyl, you shall put into it a pretty quantity of Butter milk, and then as you see the Curds arising up to the top of the Whey, with a skummer skim them off, and put them into a Cullender, and then put in more Butter-milk and thus doe whilst you can see any Curds arise; then the Whey being drained clean from them, put them into a clean vessel, and so serve them forth as occasion shall serve.

CHAP. 7.

The Office of the Malt, and the severall secrets, and knowledges belonging to the making of Malt.

IT is most requisite and fit that our *Houswife* be experienced and well practised in the wel making of Malt, both for the necessary and continual use thereof, as also for the generall profit which accreweth and ariseth to the *Husband*, *Houswife*, and the whole Family; for as from it is made the drink by which the Household is nourished and sustained, so to the fruitfull Husband-man (who is the master of rich ground, and much tillage) it is an excellent merchandize, and a commodity of so great trade, that not onely especial Towns and Countries are maintained thereby, but also the whole Kingdom, and divers others of our neighbouring Nations

tions. This office or place of knowledge belongeth particularly to the House-wife; and though we have many excellent Men-maltsters, yet it is properly the work and care of the woman, for it is a house-work, and done altogether within doores, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excuse from her portage or too heavy burthens, but for the Art of making the Malt, and the severall labours appertaining to the same, even from the Fat to the Kiln, it is only the work of the House-wife, and the Maid-servants to her appertaining.

To begin then with the first knowledge of our Maltster, it consisteth in the election and choise of grain fit to make Malt on; of which there are indeed truly but two kinds, that is to say, Barley, which is of all other the most excellent for this purpose; and Oates, which when Barley is scant or wanting, maketh also a good and sufficient Malt: and though the drink which is drawn from it, be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the drink very good and tolerable, and nourishing enough for any reasonable creature. Now I do not deny, but there may be made Malt of *Wheat, Pease, Lupins, Fitches*, and such like, yet it is with us of no retained custom, nor is the drink simply drawn or extracted from those grains, either wholesome or pleasant, but strong and fulsome: therefore I think it not fit to spend any time in treating of the same. To speak then of the election of Barly, you shal understand that there be divers kinds thereof, according to the alteration of soyls, some being big, some little, some empty, some full, some white, some brown, and some yellow; but I will reduce all these into three kinds, that is, into the Clay barley, the Sandy-Barly, and the Barly which groweth on the mixt soyl. Now the best Barly to make Malt on, both for yeelding the greatest quantity of matter, and making the strongest, best, and most wholesome drink, is the Clay Barley well drest, being clean Corne of it selfe without weed or Oates, white of colour, full in substance, and sweet in taste: that which groweth on the mixt grounds is the next; for though it be subject to
some

some Oates and some Weeds: yet being painfully and carefully dress'd, it is a fair and bol'd Corn, great and full, and though somewhat browner then the former, yet it is of a fair and clean complexion. The last and worst grain for this purpose is the Sand Barly, for although it be seldome or never mixt with Oates, yet if the tillage be not painfully and cunningly handled, it is much subject to weeds of divers kinds, as tares fetches, and such like, which drink up the liquor in the brewing, and make the yeeld or quantity thereof very little and unprofitable: besides the grain naturally of it self hath a yellow, withered, empty husk thick and unfurnished of meal so that the drink drawn from it, can neither be so much, so strong, so good, nor so pleasant; so that to conclude, the clean Clay Barley is best for profit in the sale drink, for strength and long lasting.

The barley in the mixt grounds will serve well for households and families: and the sandy barley for the poor, and in such places where better is not to be gotten. And these are to be known of every *Husband* or *House-wife*: the first by his whiteness, greatnes, and fulness: the second by his brownenes, and the third by his yellowness, with a dark brown nether end, and the emptiness, and thicknes of the husk: and in this election of barley you shall note that if you find in it any wild oats, it is a sign of rich clay ground, but ill husbanded; yet the malt made thereof is not much amiss for both the wild oat and the perfect oat give a pleasant sharp relish to the drink, if the quantity be not too much, which is ever more to be respected: And to conclude this matter of election, great care must be had of both *Husband* and *House-wife*, that the barley chosen for malt, be exceeding sweet, both in smell and tast, and very clean dress'd: for any corruption maketh the malt loathsome, and the foul dressing affordeth much losse.

After the skilfull election of grain for malt, the *Housewife* is to look to the situation, goodnesse and apt accomodation of the Malt-house: for in that consisteth both much of the skill, and much of the profic: for the generall situation of the house it would (as near as can be) stand upon firm dry grounds, having prospect every way, with open windows and lights to let in the

Of the Malt-house, and the situation.

Wind, Sun and Ayr, which way the Master pleaseth, both to cool and comfort the grain at pleasure, and also close-shuts, or draw-windowes to keep out the Frosts and Storms, which are the only lets and hinderances for making the malt good and perfect: for the model or form of the houses, some are made round, with a court in the middle, some long, and some square, but the round is the best, and the least laborious; for the Cesterns or Fats being placed (as it were) at the head or beginning of the circle, and the Pump or Well (but the Pump is best) being close adjoyning, or at least by conveyance of troughs made as usefull as if it were neer adjoyning, the Corn being steeped, may with one persons labour and a shovell, be cast from the Fat or Cestern to the floor, and there coucht; then when the couch is broken, it may in the turning either with the hand or the shovell be carried in such a circular house round about from one floor to another, till it come to the Kiln, which would also be placed next over against the Pump and Cesternes, and all contained under one roof.

And thus you may empty steeping after steeping, and carry them with one persons labour from floor to floor, till all the floors be filled: in which circular motion you shall find, that ever that which was first steeped, shall first come to the Kiln and so consequently one after another in such sort as they were steeped, and your work may evermore be constant, and your floors at no time empty, but at your own pleasure, and all the labour done only with the hand and shovell without carrying or recarrying, or lifting heavy burthens, which is both troublefom & offensive, and not without much loss, because in such cases ever some grain scattereth.

Now over against the Kilne-hole or Furnace (which is evermore intended to be on the ground) should a convenient place be made to pile the fewell for the Kiln, whether it be Straw, Bracken, Furrer, Wood. Coal, or other fewell; but sweet Straw is of all other the best and neatest. Now it is intended that this *Malt-house* may be made two stories in height, but no higher: over your Cesternes shall be made the Garners wherein to keep your Barley before it be steeped: in the bottoms of these Garners, standing directly over the cesternes, shall

be convenient holes made to open and shut at pleasure; through which shall run down the barley into the Cestern.

Over the bed of the Kiln can be nothing but the place for the Hair cloth & a spacious roof open every way that the smoke may have a free passage & with the least ay be carried from the Kilne which maketh the malt sweet and pleasaunt. Over that place where the fewell is piled, & is next of all to the bed of the kiln would likewise be other spacious Garners made, some to receive the malt as soon as it is dried with the comb and Kiln dust in which it may lye to mellow and ripen, and others to receive the Malt after it is skreened and dress up; for to let it be too long in the Comb, as above three months at longest, will make it both corrupt, and breed Weevils and other worms, which are the greatest destroyers of malt that may be. And these Garners should be so conveniently plac'd before the front of the Kiln bed, that either with the shovell or a small scuttle you may cast or carry the malt once dried into the Garners.

For the other part of the floors, they may be employed as the ground-floors are, for the receiving of the malt when it comes from the Cestern: and in this manner, and with these accommodations you may fashion any Malthouse, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer.

Next to the fire or proportion of the ground, you shall have a principall care for the making of your malt floors, in which all the custome and the nature of the soil binds many times a man to sundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of Malt floors: yet you shall understand, that the generall best Malt floor both for Summer & Winter and all seasons, is the cave or vaulted arch which is hewed out of a dry and main gretty Rock, for it is both warm in Winter, cool in Summer, and generally comfortable in all seasons of the year whatsoever. For it is to be noted, that all House-wives do give over the making of Malt in the extreame heat of Summer: it is not because the Malt is worse that is made in summer then that which is made in winter, but because the floors are more unreasonable, and that the Sun getting a power into such open

OF Malt-floors.

places, maketh the grain which is steeped to sprout, and come so swiftly, that it cannot indure to take time on the floor, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were couched under the ground, not only keepeth out the Sun in Summer, which maketh the Malt come much too fast, but also defendeth it from frost, and cold bitter blasts in that Winter; which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and outside by means of extrem cold cannot sprout, but being again dried hath his first hardnes, & is one & the same with raw barleys for every *housewife* must know, that if Malt do not come as it were altogether, and at an instant, and not one come more than another the Malt must needs be very much imperfect.

The next Floore to the cave, or dry Sandy Rock, is the floore which is made of earth, or a stiff strong binding Clay well watered, and mixt with Horse-dung and Soap-stones beaten and wrought together, till it come to one solid firmness; this Floore is a very warm comfortable Floore in the Winter season, and will help the grain to come and sprout exceedingly, and with the help of windows to let in the cold ayre, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Malt, for nine months in the year, that is to say, from September till the end of May; but for June, July, and August, to imploy it to that purpose, will breed both loils and incumbrance. The next Floore to this of the earth, is that which is made of plaster, or *plaster of Paris*, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the *plaster floore* is only the extrem coldnesse thereof, which in frosty and cold season so bindeth in the heart of the Grain, that it cannot sprout, for which cause it behoveth every Maltster that is compelled to these Floores, to look well unto the seasons of the year, and when he findeth either the Frosts, Northern blasts, or other nipping storms to rage too violently, then to make his first couches or beds, when the Grain cometh newly out of the Cistern, much thicker and rounder than otherwise he would do; and as the cold abateth, or the corn increaseth in sprouting

sprouting, so to make cottes or beds thinner and thinner; for the thicker and closer the grain is couched, and laid together, the warmer it lyeth, and so carching heat, the sooner it sprouts; and the thinner it lyeth, the cooler it is; and so much the slower in sprouting. This floore, if the Windows be close, and it guard off the Sun sufficiently, will (if need be) compell the verform the making of Malt ten months in the year; only in *July* and *August*, which contain the Dog days, it would not be employed, nor in the time of any Frost, without great care and circumspection.

Again, there is in this floor another fault, which is the raising out of dust, which much sullies the Grain, and being dryed, makes it look dun and foul, which is much disparagement to the Maltster; therefore she must have great care when the Malt is taken away, she sweep and keep her floors as clean and neat as may be. The last and worst is the boarded floor, of what kind soever it be, by reason of the top much heat thereof; and yet of boarded floors the *Oaken* boarded is the coolest and longest lasting; the *Elm* or *Beech* is next, then the *Ash*, and the worst (though it be the fairest to the Eye) is the *Firre*, for it hath in it self (by reason of the *Frankincense* and *Turpentine* which it holdeth) a naturall heat, which mixed with the violence of the Sun in the Summer time, forceth the grain not only to sprout, but to grow in the couch; which is much loss, and a fowl imputation. Now these boarded floors can hardly be in use for above five months at the most that is to say, *October*, *November*, *December*, *January*, and *February*; for the rest, the sun hath too much strength, and these boarded floors too much warmth; and therefore in the coolest times it is good to observe to make the couch thin, whereby the ayre may passe through the corn, and so cool it, that it may sprout at leisure.

Now for any other floore besides these already named, there is not any good, to malt upon; for the common floor, which is of naturall earth, whether it be *Clay*, *Sand*, or *Gravell*, if it have no mixt breackall with it more then its own nature, by oft treading upon it, will groweth to gather the nature of *Saleniss*, or *Salpeter* into it, which not only giveth an ill taste to the grain that is laid upon the same, but also his moisture and mould

Imperfect
floores.

dineſs; which in the moſt times of the year ariſe from the ground, it often corrupteth and putriſieth the corn; the rough paved floor by reaſon of the unevenneſs, is unfit to malt on, becauſe the grain getting into the crannies, doth there lye, and is not removed or turned up and down as ſhould be with the hand, but many times is ſo fixed to the ground that it ſprouteth & groweth up into a green blade, affording much loſs and hindrance to the owner.

The ſmooth paved floor, or any floor of ſtone whatſoever is full as ill; for every one of them naturally againſt much wet or change of weather, will ſweat and diſtill forth ſuch abundant moiſture, that the Malt lying upon the ſame, can neither dry kindly, nor expell the former moiſture received in the ceſtern, but alſo by that over-much moiſture many times roteth, and comes to be altogether uſeleſs. Laſtly for the floors made of lime and hair, it is as ill as any formerly ſpoken of, both in reſpect of the nature of the Lime; whoſe heat and ſharpenneſs is a main enemy to malt, or any moiſt corn; as alſo in reſpect of the weakneſs and brittleneſs of the ſubſtance thereof, being apt to molder and fall in pieces with the lighteſt treading on the ſame, and that lime and duſt once mixing with the corn it doth ſo poiſon and ſuffocate it, that it neither can ſprou, nor turn ſerviceable for any uſe.

Of the Kiln
and the building thereof.

Next unto the Malt-floores, our Maſter ſhall have a great care, in the framing and faſhioning of the Kiln, of which there are ſundry ſorts of models, as the ancient form which was in times paſt uſed of our forefathers being only made in a ſquare proportion at the top, with ſmall ſplints or rafters, joyned within four inches one of another going from a main beam croſſing the mid part of that great ſquare then is this great ſquare from the top, with good and ſufficient ſtuds to be drawn ſlopewiſe narrower and narrower, till it come to the ground, ſo that the harth or loweſt part thereof may not be above a ſixth part to the great ſquare above, on which the malt is laid to be dried; and this Harth ſhall be made hollow and deſcending, & not level nor aſcending: and theſe Kilns do not hold any certain quantity in the upper ſquare, but may ever be according to the frame of the houſe, ſome being thirty foot each

way

way, some twenty and some eighteen. There be other Kilnes which are made after this manner open and slope, but they are round of proportion; but both these kinds of Kilnes have one fault, which is danger of fire; or lying every way open & apt for the blaze, if the *Malster* be any thing negligent, either in the bounding of the blaze low & forward, or not sweeping every part about the harth any thing that may take fire, or foreseeing that no straws which do belong to the bedding of the Kiln do hang down, or are loose, whereby the fire may take hold of them, it is very possible that the Kiln may be set on fire; to the great loss and often undoing of the owners.

Which to prevent, and that the *Malster* may have better assurance and comfort in her labour, there is a Kiln now of generall use in this *Kingdome*, which is call a *French Kiln*, being framed of a brick, ashler, or other fire-stone, according to the nature of the soyl in which *Husband* and *Houſewives* live: and this french Kiln is ever safe and secure from fire; and whether the *Malster* wake or sleep, without extreame wilfull negligence, there can no danger come to the Kilne: and in these Kilnes may be burnt any kind of fewell whatsoever, and neither shall the smoake offend or breed ill tast in the malt, nor yet discolour it, as many times it doth in open Kilnes, where the malt is as it were covered all over, and even parboyled in smoke, so that of all sorts of Kilnes whatsoever, this which is called the *French Kiln*, is to be preferred and onely embraced. Of the form or model whereof, I will not here stand to treat, because they are now so generally frequent amongst us, that no *Mason* or *Carpenter* in the whole Kindome but can build the same; so that to use more words thereof were tediousness to little purpose. Now there is another kind of Kiln, which I have seen (and but in the west country onely) which for the profitable quaintnesse thereof, I took some speciall note of, and that was a Kiln made at the end of a Kitchen Raunge or Chimney, being in shape round and made of brick, with a little hollownes narrowed by degrees, into which came from the bottom and midst of the Kitchen chimney a hollow tunnell or vault, like the tunnel of a Chimney, and ran directly on the back-side the hood, or back of the Kitchen chimney; then in the midst of the chimney where

The perfect
kiln.

the

the greatest strength of the fire was made; was a square hole made of about a foot and half every way, with an iron thick plate to draw to and fro, opening and closing the whole at pleasure; and this hole doth open onely into that tunnell which went to the Kiln; so that the Malt being once laid, and spread upon the Kiln; draw away the Iron-plate; and the ordinary fire with which you dresse your meat, and perform other necessary busineses; is sucked up into this tunnell, and so conveyeth the heat to the Kiln where it dryeth the Malt with as great perfection as any kiln I saw in my life, and needeth neither attendance or other ceremony more, then once in five or sixe hours to turn the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire be, which is in the chimney, yet by reason of the passage, and the quantity thereof it carrieth no more then a moderate heat to the Kiln; and for the smoke, it is so carried away in other loop-holes which run from the hollownes between the tunnell, and the Malt-bed, that no Malt in the world can possibly be sweeter or more delicately coloured: only the fault of these Kilns are, that they are but little in compass, and so cannot dry much at a time, as not above a quarter or ten strikes at the most in one drying, and therefore are no more but for a mans own particular use, and for the furnishing of one settled Family; but so applyed they exceed all the kilnes that I have seen whatsoever.

Bedding of
the Kiln.

When our Master hath thus perfected the Malt house and Kiln, then next look to the well bedding of the Kiln; which is diversly done according to mens divers opinions: for some use one thing; and some another; as the necessity of the place; or mens particular profits draw them.

But first to shew you what the bedding of a Kiln is, you shall understand that it is a thin covering laid upon the open rafters, which are next un to the heat of the fire; being made either so thin, or so open, that the smallest heat may pass through it; and come to the corn: this bed must be laid so even and levell as may be; and not thicker in one place then another, lest the Malt dry too fast where it is thinnest, and too slowly where it is thick; and so in the taste seem to be of two severall dryings.

It

It must also be made of such stuff, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn: it should also have in it no moist or darkish property: lest at the first receiving of the fire it send out a stinking smoke, and so taint the Malt: nor should it be of any rough or sharp substance, because upon this bed or bedding is laid the hair cloth, and on the hair cloth the Malt, so that with the turning the Malt and treading upon the cloth, should the Bed be of any such roughness, it would soon wear out the hair cloth, which would be both loss and ill *House-wifery*, which is carefully to be shew'd.

But now for the matter or substance whereof this bedding should be made, the best, neatest, and sweetest, is clean long Rye straw, with the eares only cut off, and the ends laid even together, not one longer than another, and so spread upon the raster of the Kilne as even and thinn as may be, and laid as it were straw by straw in a just proportion, where skill and industry may make it thin or thick at pleasure; as but the thickness of one straw, or of two, three, four or five, as shall seem to your judgment, most convenient; and than this there can be nothing more even, more dry, sweet, or open to let in the heat at your pleasure, and although in the old open Kilnes it be subject to danger of fire, by reason of the quickness to receive the flame, yet in the French Kilnes (before mentioned) it is a most safe bedding; for not any fire can come near unto it. There be others which bed the Kilne with Mat: and it is not much to be disliked, if the Mat be made of Rye straw sowed, and woven together according to the manner of the *Indian Mats*, or those usuall thin *Bent Mats*, which you shall commonly see in the Summer time standing in *Husband-mens* Chimneyes, where one bent or straw is layd by another, and so woven together with a good strong pack-thread: but these *Mats* according to the old Proverb, (*Most cost, most worship*) for they are chargeable to be bought, and very trouble some in the making, and in the wearing will not outlast one of the former loose beddings: for if one thread or stick breakes, immediately most in that rowe will follow; onely it is most certain, that during the time in which, it is both

both good, necessary and handiome. But if the *Matt* be made either of Bulrushes, Flags, or any other thick substance (as for the most part they are) then it is not so good a bedding, both because the thicknesse keepeth out the heat, and is long before it can be warmed; as also in that it ever being cold, naturally of it selfe draweth into it a certaine moisture, which with the first heat being expelled in smoke, doth much offend and breed ill taste in the *Malt*. There be others that bed the Kilne with a kind of *Matt* made of broad thin splints of wood wrought checkerwise one into another, and it hath the same faults which the thick *Matt* hath; for it is long in catching the heat, and will ever smoke at the first warming, and that smoke will the *Malt* smell on ever after; for the smoke of wood is ever more sharpe and piercing then any other smoke whatsoever.

Besides, this *Woodden matt*, after it hath once bedded the Kiln, it can hardly afterward be taken up or removed; for by continuall heat, being brought to such an extreame drynesse, if upon any occasion either to mend the Kiln, or cleanse the Kiln, or do other necessary labour underneath the bedding; you shall take up the *wooden matt*, it would presently crack, and fall to pieces, and be no more serviceable.

There be others which bed the Kiln with a bedding made all of *wickers*, of smal wands foulded one in another like a hurdle, or such wand worke; but it is made very open, every wand at least two or three fingers one from another: and this kind of bedding is a very strong kind of bedding, and will last long, and catcheth the heat at the first springing, onely the smoke is offensive, and the roughness without great care used, will soon wear out your hair cloth yet in such places where *straw* is not to be got or spared, and that you are compelled onely to use wood for your fell in drying your *Malt*, I allow this bedding before any other, for it is very good, strong, and long lasting: besides, it may be taken up and set by at pleasure, so that you may sweep and cleanse you Kilne as oft as occasion shal serve, and in the neat and fine keeping of the Kilne, doth consist much of the *House-wives* Art; for to be choake either with dust, dirt, soot or ashes; as it shewes stut-

richness and sloth, the only great imputations hanging over a *Houswife*, so likewise they hinder the labour, and make the malt dry a great deale worse, and more unkindly.

Next the *Bedding* of the Kilne, our Malster by all means must have an especiall care with what fewell she dryeth the Malt: for commonly according to that, it ever receiveth and keepeth the taste, if, by some especiall Art in the Kiln, that annoyance be not taken away. To speak then of fewels in general, there are of divers kinds according to the natures of soyles, and the accomodation of places in which men live; yet the best and most principal fewel for the Kilnes (both for sweetness, gentle heat, and perfect drying) is either good Wheat-straw, Rye straw, Barley straw, or Oaten-straw; and of these the Wheat straw is the best, because it is most substantial, longest lasting, makes the sharpest fire, and yeelds the least flame; the next is Rye straw, then Oaten straw, and last Barley straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze then heat, it is last of these white straws to be chosen; and where any of these fail or are scarce, you may take the stubble or after crop of them, when the upper part is shorn away; which being wel dryed and housed, is as good as any of the rest already spoken of, and lesse chargeable, because it is not fit for any better purpose as to make fodder, manure, or such like, or more then ordinary thatching, and so fittest for this purpose. Next to these white straws, your long Fen Rushes, being very exceedingly wel withered and dried, and al the sappy moysture gotten out of them, and so either safely housed or stacked, are the best fewel; for they make a very substantial fire and much lasting, neither are apt to much blazing, nor the smoake so sharp or violent, but may very well be endured: where all these are wanting, you may take the Straw of Pease, Fetches, Lupins, or Tares, any of which will serve, yet the smoke is apt to taint, & the fire without prevention dryeth too sodainly and swiftly. Next to these is clean Bean straw, or straw mixt of Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so much heat, that it will rather burn then dry, if it be not moderated, and the smoke is also much offensive

offensive. Next to this Bean-straw, is your Furs, Gorse, Whins, or small Brush-wood, which differeth not much from Bean straw; onely the smoke is much sharper, and tainteth the Malt with a much stronger savour. To these may adde Bracken or Braks, Ling, Heath, or Brome, al which may serve in time of necessity, but each one of them have this fault, that they adde to the Malt an ill taste or savour. After these I place wood of all sorts, for each is a like noysom, and if the smoke which commeth from it touch the Malt, the infection cannot be removed; from whence amongst the best Husbands hath sprung this Opinion, that when at any time drinke is ill tasted, they say straight, it was made of Wood-dryed malt. And thus you see the generality of fuels, their vertues, faults, and how they are to be employed. Now for Coale of al kindes, Turf, or Peate, they are not by any meanes to be used, under Kilnes, except where the furnaces are so subtilly made that the smoak is conveyed a quite contrary way, and never commeth neere the malt; in that case it skilleth not what fuel you use, so it be durable and cheap, it is fit for the purpose; onely great regard must be had to the gentleness of the fire; for, as the old Proverb is (Soft fire makes sweet Malt) so too rash and hasty a fire scorchet and burneth it, which is called among Maltsters Fire-fangd; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilfull Maltster.

When the Kiln is thus made and furnished of all necessities duely belonging to the same, your Maltsters next care shall be to the fashioning and making of the Garners, Hutches, or Holds in which both the malt after it is dryed, and the Barly before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diverse fashions, and diverse matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of mud, Clay or Loame: but al of these have their severall faults; for wood of all kinds breedeth Weevil and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing dry, yet never so little overplus of heat withers it, and takes away the vertue; for as moisture rots & corrupts

corrupts it, so heat takes away and decayeth the substance. Brick, because it is laid with Lime, is altogether unwholesome; for the Lime being apt at change of weather to sweat, moistneth the grain, and so tainteth it; and in the dryest Seasons with the sharp hot taste, doth fully as much offend it: those which are made of Stone are much more noysome, both in respect of the reasons before rehearsed, as also in that all Stone of it self wil sweate, and so more and more corrupteth the grain which is harboured in it. Lime and haire being of the same nature, carrieth the same offences, and is in the like sort to be eschewed. Now for Mudde, clay, or Loame, in as much as they must necessarily be mixt with wood, because otherwise of themselves, they cannot knit or bind together; and besides, that the clay or loame must be mixt either with chopt hay, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or Houfwife to use. Besides, they are much too hot, and being either in a close house, neere the Kilne, or the backe or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the bushel nor enrichieth the liquor, but turnes to losse every way. The best Garner then that can be made both for safety & profit, is to be made either of broken tile-thread, or broken bricks, cunningly and even layd and bound together with Plaster of Paris, or our ordinary English Plaster, or burnt Alabaster, and then covered all over both within and without, in the bottom and on every side, at least three fingers thick with the same Plaster so as, no bricke or tyle-thread may by any means be seen, or come neere to touch the Corne; and these Garners you may make as big, or as little as you please, according to the frame of your house, or place of most convenience for the purpose, which indeed would ever be as neere the Kiln as may be, that the ayre of the fire in the dayes of drying, may come unto the same, or else neere the backs or sides of Chimnies; where the ayre thereof may correct the extreame coldnesse of the plaster, which of all things that are bred in the earth, is the coldest.

coldest thing that may be, and yet most dry, and not apt to sweat or take moysture, but by some violent extremity; neither will any worrne or vermine come near it, because the great coldness thereof is a mortal enemy to their natures; and so the safest and longest these Garners of plasters, keep all kind of Grain and Pulse in the best perfection.

The making of
cesterns.

After these Garners, Hutches, or large Keeps for Corn are perfitted and made, and sitly adjoynd to the Kiln, the next thing that our Maltster hath to look unto, is the framing of the Fats or Cesterns wherein the Corn is to be steeped: and they are of two sorts, that is, either of Coopers work, being great Fats of wood, or else of Masons work, being Cesternes made of stone; but the Cestern of stone is much the better; for besides that these great Fats of Wood are very chargeable and costly (as a Fat to containe four quarters of Graine, which is but two and thirty bushels, cannot be afforded under twenty shillings) so likewise they are very casual and apt to mischance and spilling; for, and besides their ordinary wearing, if in the heat of summer they be never so little neglected without water, and suffered to be over-dry, it is tenne to one but in the Winter they will be ready to fall in peeces; and if they be kept moyst, yet if the water be not oft shifted and preserved sweet, the Fatte will soon taint, and being once grown faulty, it is not onely irrecoverable, but also whatsoever commeth to be steeped in it after, will be sure to have the same savour; besides the wearing and breaking of Garthes, and Plugs, the binding, cleansing, sweetning, and a whole world of other troubles and charges doth so daily attend them, that the benefit is a great deal short of the incumbrance; whereas the stone Cesterne is ever ready and usefull, without any vexation at all; and being once well and sufficiently made, will not need trouble or reparation (more than ordinary washing) scarce in a hundred years.

Now the best way of making these Malt cesternes, is to make the bottomes and sides of good tyle-threads fixed together with the best Lime and Sand, and the bottom shall be raised at least a foot and a half higher than the ground, and at one corner in the bottom a fine artificial round hole must

be

be made, which being outwardly stopp'd, the Malster may through it drain the Cisterne dry when she pleaseth, and the bottom must be so artificially level'd and contriv'd, that the water may have a true descent to that hole, and not any remain behind when it is opened.

Now when the model is thus made of tile-shard, which you may doe great or little at your pleasure: then with Linne Hair, and Brasts-blood mixed together, you shall cover the bottom at least two inches thick, laying it level and plain, as is before shew'd: which done, you shall also cover all the sides and toppe, both within and without, with the same matter, at least a good fingers thicknesse, and the main wall of the whole Cistern shal be a full foot in thicknesse, as wel for strength and durablenesse as other private reasons for the holding the grain and water, whose poyle and weight might otherwise endanger a weaker substance. And thus much concerning the Malt-house, and those several accommodations which do belong unto the same.

I wil now speak a litle in general as touching the Art, skill, and knowledge of Malt making which I have refer'd to the conclusion of this Chapter, because whosoever is ignorant in any of the things before spoken of, cannot by any meanes ever attain to the perfection of most true, and most thrifty Malt-making. To begin then with the Art of making, or (as some terme it) melting of Malt, you shall first (having proportioned the quantity you meane to steep, which should ever be answerable to the continent of your Cistern, and your Cistern to your flowres) let it either runne downe from your upper Garner into the Cistern, or otherwise bee carried into your Cistern, as you shal please, or your occasions desire; and this Barley would by all meanes be very clean and neatly drest; then when your Cistern is fill'd, you shall from your Pump or Well convey the water into the Cistern till all the Corn be drencht, and that the water float above it: If there be any Corn that will not sink, you shall with your hand stir it about, and wet it, and so let it rest and cover the Cistern; and thus for the space of three nights you shall let the Corn steep in the water. After the three

The manner
how to make
Malt.

night is expired, the next morning you ſhall come to the Ceſtern, and pluck out the plug or bung-ſtick which ſtopperh the hole in the bottome of the Ceſtern, and ſo draine the water clean from the Corn, and this water you ſhall by all means ſave, for much light Corn and others will come forth with this draine water, which is very good Swines meat, and may not be loſt by any good Houſwife. Then having drained it, you ſhall let the Ceſtern drop all that day, and in the evening with your ſhovel you ſhall empty the Corn from the Ceſtern unto the Malt-ſhowre, and when all is out and the Ceſtern cleaned, you ſhal lay al the wet Corn on a great heap round or long, and flat on the top: and the thickneſs of this heap ſhall be anſwerable to the ſeaſon of the year; for if the weather be extreame cold, then the heap ſhall be made very thick, as three or four foot, or more, according to the quantity of the grain; but if the weather be temperate and warme, then ſhall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the Grain. And this heap is called of Maſters a Couch or bed of raw Malt.

In this couch you ſhall let the corn lye three nights more without ſtirring, and after the expiration of the three nights, you ſhall look upon it, and if you finde that it beginneth but to ſprout (which is called coming of Malt) though it be never ſo little, as but the very white end of the ſprout peeping out (ſo it be in the outward part of the heap or couch) you ſhall then break open the couch, and in the middeſt where the corn lay neereſt, you ſhall finde the ſprout or corn of a greater largeneſſe: then with your ſhovel you ſhall turne all the outward part of the couch inward, and the inward outward, and make it at the leaſt three or four times as big as it was at the firſt, and ſo let it be all that day and night, and the next day you ſhall with your ſhovel turne the whole heap over againe, increaſing the largeneſſe and making it of one indifferent thickneſſe over all the floore, that is to ſay, not above a handfull thick at the moſt, not failing after for the ſpace of fourteene dayes, which doth make up full in all three weeks, to turne it all over twice or thrice a day according to the ſeaſon of the weather, for if it be warme, the Malt muſt be turned.

turned often wth a stick, if cool, then it may lye looser, thicker, and longer together, and when the three weekes is fully accomplished, then you shall (having bedded your Kiln, and spread a cleane hair cloth thereon) lay the malt as thine as may be (as about thre finger thickness) upon the hair cloth, and to dry it with a gentle and soft fire, ever and anon turning the Malt (as it dryeth on the Kiln) over and over with your hand, til you finde it sufficiently wel dried, which you shall know both by the taste when you bite it in your mouth, and also by the falling off of the Come or sprout, when it is thoroughly dryed. Now as soone as you see the Come begin to shed, you shall in the turning of the Malt rubbe it well betweene your hand, and scower it to make the Come fall away, then finding it all sufficiently dryed, first put out your fire, then let the Malt cool upon the kiln for four or five hours, and after raising up the four corners of the hair cloth, and gathering the Malt together on a heap, empty it with the Come and all into your Garners, and there let it lye (if you have not present occasion to use it) for a moneth or two or three to ripen, but no longer for as the Come or dust of the Kiln, for such a space melloweth and ripeneth the Malt making it better both for sale or expence, so to lye too long in it doth ingender Weevil, Wormes, and Vermine, which doe destroy the grain.

The drying
of Malt.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house, or sold in the Market; you shall first winnow it with a good wind either from the Aire, or from the Fan; and before the winnowing, you shall rub it exceeding well betweene your hands, to get the come or sprouts cleane away: for the beauty and goodnesse of malt is when it is most smug, cleane, bright, and likest to Barley in the view; for then there is least wast and greatest profit: for Come and dust drinketh up the liquor, and gives an ill tast to the drinke. After it is well rubb'd and winnowed, you shall then see it over in a fine Sive, and if any of the malt be uncleansed, then rub it againe into the Sive till it be pure, and the rubbings wil arise on the top of the Sive, which you may cast off at pleasure, and both those rubbings from the Sive,

and the chaff, and dust which commeth from the winnowings should be safe kept; for they are very good Swines meate, and feed well, mixt either with Whey or swellings: and thus after the malt is reed, you shal either sack it up for especial use or put it into a well cleane Garner, where it may lye till there be occasion for expence.

Now there be certaine observations in the making of Malt, which I may by no meanes omit: for though divers opinions do diversly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equality.

First, there is a difference in mens opinions as touching the constant time for the mellowing and making of the Malt; that is, from the first sleeping until the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three dayes, and do give this reason.

First, they say, it makes the Corn look whiter and brighter, and doth not get so much the sulling and foulness of the flowre, as that which lyeth three weeks, which makes it a great deal more beautifull, and so more saleable. Next, it doth not come, or shoot out so much sprout, as that which lyeth a longer time, and so preserveth more heart in the grain, makes it bol'd and fuller, and so consequently more full of substance, and able to make more of a little, than the other of much more.

These reasons are good in shew, but not in substantiall truth: for (although I confesse that corns which lieth least time on the flower must be the whitest and brightest) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection; and lesse then three weeks cannot ripen Barley: for look what time it hath to swel and sprout, it must have full that time to flourish, and as much time to decay now in lesse then a weeke it cannot doe the first, and so in a weeke the second, and in another weeke the third; so that in lesse then three weeks a man cannot make perfect Malt. Again I confesse, that malt which hath the least Come, must have the greatest Kernel, and so be most substantiall; yet the Malt which

which putteth not out his full sprout, but hath that moisture (with too much haste) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance as doth make it both apt to corrupt and breed Wormes in most great abundance. It is most true, that this hasty made malt is fairest to the eye, and will soonest be vend ed in the Market ; and being spent as soone as it is bought, little or no losse is to be perceived : yet if it be kept three or four months or longer (unlesse the place where it is kept, be like a hot House) it will be so stink and give againe, that it will be little better then raw Malt ; and so good for no service without a second drying.

Besides, Malt that is not suffered to sprout to the full kindly, but is stopt as soone as it begins to peepe, much of that Malt cannot come at all ; for the moistest grains doe sprout first and the hardest are longer in breaking the husk ; now, if you stop the grain on the first sprouts, and not give al leisure to come one after another, you shall have half Malt and half Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, lesse then three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for some (and those be the most Men-malsters whatsoever) turne all their Malt with the shovel, and say it is more easie, more speedy, and dispatcheth more in an hour, then any other way doth in three ; and it is very true, yet it scattereth much behind unturm'd, and commonly that which was undermost it leaveth undermost still, and so by some comming too much and others not comming at all, the Malt is oft much imperfect, and the old saying made good, *that too much haste maketh wast*. Now, there are others (and they are for the most part women malsters) which turne all with the hand, and that is the best, safest, and most certaine way ; for there is not a graine which the hand doth not remove, and turne over and over, and layes every severall heap or row of such an even and just thicknesse, that the Malt both equally commeth, and equally seasoneth together without defect or alteration : and though he that

hath much Malt to make, will be willing to harken to the swiftest course in making, yet he that wil make the best Malt, must take such convenient leisure, and imploy that labour which commeth neereſt to perfection.

Then there is another especiall care to be had in the coming or sprouting of malt, which is, that as it must not come too little, so it must not by any meanes come too much, for that is the grosseſt abuse that may be: and that which we call comed or sprouted too much, is, when either by negligence, for want of looking to the couch and not opening of it, or for want of turning when the Malt is spread on the floore, it comes or sprouts at both ends, which Husbands call *Aker spierd*: such corn by reason the whole heart or substance is driven out of it, can be good for no purpose but the Swine-trough, and therefore you must have an especiall care both to the well tending of the couch, and the turning the Malt on the floore, and be sure (as neere as you can by the ordering of the couch, and heaping the hardest grain inward and warmeſt, to make it all come very indifferently together. Now if it so fall out, that you buy your Barley, and happen to light on mixt grain, some being old Corn, some new Corn, some of the heart of the stack, and some of the staddle, which is an ordinary deceit with Husbandmen in the market, then you may be well assured, that this graine can never come nor sprout equally together, for the new Corn will sprout before the old, and the staddle before that in the heart of the stack, by reason the one exceedeth the other in moistnesse: therefore in this case you shall marke well which commeth first, which will be still in the heart of the Couch, and with your hand gather it by it self into a separte place, and then heape the other together againe; and thus as it commeth and sprouteth, so gather it from the heap with your hand, and spread it on the floor and keep the other still in a thick heap till all be sprouted. Now lastly observe, that if your Malt be hard to sprout or come, and that the fault consist more in the bitter coldnesse of the season, than any defect of the Corn, that then (besides the thick or close making of the heap or couch) you faile not to cover it over with some thick woollen clothes, as coorse Coverlids,

verlids, or such like stuffe, the warmth whereof will make it come presently : which once perceived, then forthwith unclothe it, and order it as aforesaid in all points. And thus much for the Art, order, skill, and cunning, belonging to Malt making.

Now as touching the making of Oates into Malt, which is a thing of generall use, in many parts of this Kingdome where Barley is scarce, as in *Cheshire, Lancashire, much of Darbshire, Devonshire, Cornwall,* and the like, the art and skill is all one with that of Parly, nor is there any variation or change of work, but one and the same order still to be observed ; onely by reason that Oats are more swift in sprouting, and apt to clutter, bal, and hang together by the length of the sprout than Barley is, therefore you must not faile but turne them oftner then Barley, and in the turning be carefull to turn all and not leave any unmoved. Lastly, they will need lesse of the floore then Barley wil; for in a full fortnight, or a fortnight and two or three dayes you may make very good and perfect Oat-malt. But because I have a great deal more to speake particularly of Oates in the next Chapter, I will here conclude this, and advise every skilfull House-wite to joyn with mine observations, her own tryed experience, and no doubt but she shall find both profit and satisfaction,

Of Oatemalt.

CHAP. 6.

Of the excellency of Oates, and the many singular vertues and use of them in a Family.

Oats although they are of all manner of grain the cheapest because of their generality being a grain of that goodnesse and hardnesse, that it will grow in any soyl whatsoever, be it never so rich, or never so poor, as if Nature had made it the only loving companion and true friend to mankind; yet it is a grain of that singularity for the multiplicity of vertues, and necessary uses for the sustenance and support of the family, that not any other grain is to be compared with it : for if any other have equall vertue, yet it hath not equall value, & if not equall value,

The vertue of Oates to cat-
tell. then it wants many degrees of equall vertue; so that joyning
vertue and value together, no *Husband, House-wife or House-kee-*
per whatsoever, hath so true and worthy a friend, as his Oats are.

To speak then first of the vertues of Oates as they accrew
to cattle and creatures without door, and first to begin with
the Horse, there is not any food whatsoever that is so good, whol-
some, and agreeable with the nature of a horse as oats are, being
a Provender in which hee taketh such delight, that with it hee
feedeth, travelleth, and doth any violent labour whatsoever
with more courage and comfort, then with any other fodd that
can be invented, as all men know that have either use of it. For
Horses: neither doth the horse ever take surfeit of Oates (if they
be sweet and dry) for all be, he may wel be glutted or stalled up-
on them with indiscreet feeding) and so refuse them for a little
time, yet he never surfeiteth, or any present sickness will follow
after: whereas no other grain but gluts a Horse therewith, and
instantly sickness will follow, which shewes surfeit; and the
danger is oft incurable: for we read in *Italy*, at the siege of *Naples*
of many hundred Horses that died on the surfeit of wheat; at
Rome also died many hundred horses of the plague, which by
due proof was found to proceed from a surfeit taken of peason,
and hitches; and so I could run over all other graines, but it is
needlesse, and far from the purpose I have to handle: suffice it,
Oates for Horses are the best of all foods whatsoever, whether
they be but only clean threshed from the straw and so dryed, or
converted to Oat-meal, and so ground and made into bread.
Oats boyld, and given a Horse whilst they are cool, & sweet, are
an excellent food for any horse in the time of disease, poverty
or sickness; for they scower and fat exceedingly.

In the same nature that Oates are for Horses, so are they for the
Ass, Mule, Camell, or any other Beast of burthen.

If you will feede either Oxe, Bull, Cow, or any Neat what-
soever to an extraordinary height of farnesse, there is no food
doth it so soone as Oates doe, whether you give them in the
straw, or clean threshed from the sheaf, and well winnowed; but
the winnowed Oat is the best; for by them I have seene an Ox,
fed to twenty pounds, twenty four pounds, and thirty pounds,
which is a most unreasonable reckoning for any beast; onely
scame, and the tallow hath been precious. Sheep

Sheep or Goats may likewise be fed with Oates, to as great price and profit as with Pease, and Swine are fed with Oates either in raw Milt or otherwise, to as great thicknesse as with any grain whatsoever; onely they must have a few Pease after the Oats to harden the fat, or else it will wast, and consume in boyling. Now for holding Swine, which are onely to be preserved in good flesh, nothing is better then a thinn' linge made of ground Oats, Whey, Butter, milk, or other ordinary wash or swillings, which either the Dairy or Kitchen affordeth; nor is there any more soveraign or excellent meat for Swine in the time of sicknesse, then a mange made of ground Oats and sweet Whey, warmed luke-warm on the fire, and mixt with the powder of Ruddle, or red Oaker. Nay if you will go to the matter of pleasure, there is not any meat so excellent for the feeding, and wholesome keeping of a kennell of hounds, as the Mange made of ground oats and scalding water, or of beefe-broth, or any other broth, in which flesh hath bene sodden, if it be for the feeding, strengthening and comforting of Grey-hounds, Spaniels, or any other sort of tenderer Dogges; there is no meat better then sheeps head, hair & all, or other intralls of Sheep chopt and well sodden with good store of Oat meal.

Now for all manner of Poultry, as Cocks, Capons, Hens, Chickens of great size, Turkeys, Geese, Ducks, Swannet, and such like, there is no food feedeth them better then Oats, and if it be the young breed of any of those kinds, even from the first hatching or diselosung, till they be able to shift from themselves; there is no food better whatsoever then Oat-meal Groat, or fine Oat-meal, either simple of it selfe, or else mixt with milk, drinke, or else new made Urine.

Thus much touching the vertues and quality of Oates or oat-meal, as they are serviceable for the use of Cattell and Poultry. Now for the most necessary use thereof for man, and the generall support of the family, there is no graine in our knowledge answerable unto it.

First for the simple Oat it selfe (excepting some particular physick helps, as frying them with sweet butter, and putting them in a bag, & very hot applyed to the belly, or stomach, to avoid collick or windiness & such like experiments) the most special use which is made of them

Vertue of oats
for man.

Making of
Oate-meale.

is for Malt to make Beer or Ale of, which it doth exceeding well : and maintaineth many Towns and Countreies, but the Oarmeal which is drawn from them, being the heart and kernell of the Oat is a thing of much rarer price and estimation; for so speak truth, it is like Sale of such a general use, that without it hardly can any Family be maintained: therefore I think it not much amisse to speak a word or two, touching the making of Oate-meal. You shall understand then, that to make good and perfect Oarmeal, you shall first dry your Oates exceeding welc; then put them on the Mill, which may either be Water-mill, Wind-mill, or Horse-mill (but the horse-mill is best) and no more but crush or hull them; that is, so carry the stones so large that they may no more but crush the husk from the Kernel: then you shall winnow the hulls from the Kernels either with the wind, or a Fan and finding them of an indifferent cleanness (for it is impossible to hull them all clean at the first) you shall then put them on again, and making the mill go a little closer, run them through the Mill again, and then winnow them over again, and such Greets or Kernels as are clean huld, and well cut, you may lay by, and the rest you shall run through the mill again the third time, and so winnow them againe, in which time all will be perfect, and the Greets or full Kernels will sepearate from the smaller Oat-meal; for you shall understand, that at this first making of Oat-meal, you shall ever have two sorts of Oat-meals, that is, the full whole Greet or Kernel. & the small dust Oat-meal : As for the course Hulls or Chaff that commeth from them, that also is worthy saving; for it is an excellent good Horse provender for any plow or labouring Horses, being mixt with either Beans, Pease, or any other pulse whatsoever.

The vertues
of Oate-meal.

Now for the use and vertues of these severall kinds of Oat-meals in maintaining the Family, they are so many (according to the many customes of many Nations) that it is almost impossible to reckon all; yet (as near as I can) I will impart my knowledge, and what I have tane from relation.

First, for the small Dust, or meal Oat-meal, it is that with which all portage is made and thickned, whether they be Meat portage, Milk-portage, or any thick, or else thinne Grewel whatsoever, of whose goodnesse and whol-somenesse it is needlesse to speak, in that it is frequent with every experience : Also, with this small meal

meal, Oat-meal is made in divers Countries fix severall kinds of very good and wholesome bread, every one finer then other as your *Anacks*, *Fanacks*, and such like. Also, there is made of it, both thick and thin Oaten cakes, which are very pleasant in taste, and much esteemed: but if it be mixed with fine wheat meal, then it maketh a most delicate and dainty Oate-cake, either thick or thinne, such as no Prince in the world but may have them served to his table; also this small oat-meal mixed with blood, and the Liver of either Sheep, Calf, or Swine, maketh that pudding which is called the *Haggas* or *Haggus*, of whose goodnesse it is in vain to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meal by oft sleeping it in water and cleansing it, and then boyling it to a thick and stiff jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdome, which they call *Wash-brew*, and in *Cheshire*, and *Lancashire* they call it *Flamery*, or *Flumery*, the wholesomenesse and rare goodnesse, nay, the very Physick helps thereof, being such and so many, that I my self have heard a very reverend and worthily renowned Physician speak more in the commendations of that meat, then of any other food whatsoever: and certain it is, that you shall not heare of any that ever did surfeit of this *Wash-brew* or *Flammery*; and yet I have seen, them of very dainty and sickly stomackes which have eaten great quantities thereof beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diverse diversly used; for some eat it with Honey, which is reputed the best sauce: some with Wine, either Sack, Claret or White; some with strong Beer, or strong Ale, and some with Milk, as your ability, or the accommodations of the place will administer. Now there is derived from this *Wash-brew* another coarser meat which is as it were the dreggs, or grosser substance of the *Wash-brew*, which is called *Gird brew*, which is a well filling and sufficient meat; fit for servants and men of labour; of the commendation whereof, I will not much stand, in that is a meat of harder digestion, and fit indeed but for strong able stomacks, and such whose toyle and much sweat both liberally

liberally spendeth evill humours; and also preserveth men from the offence of fulness and surfeits.

Now for the bigger kind of Oat-meale, which is called Greet, or Corn Oat-meale, it is of no lesse use then the former, nor are there fewer meats compounded thereof: for first, of these Greet are made all sorts of puddings, or pots (as the West-Country terms them) whether they be black, as those which are made of the blood of beasts, Swine, Sheep, Geese, Red or Fallow Deere, or the like, mixt with whole Greet, Suet, and wholesome hearbs; or else white, as when the Greet are mixt with good Creame, Egges, Bread-crums, Suet, Currant, and other wholesome spices. Also of these Greet is made the good fryday pudding, which is mixt with Egges, Milk, Suet, Penyras, and boyl'd first in a linnen bag, and then stript and buttered with sweet butter. Againe, if you roast a Goose, and stop her belly with whole grits beaten together with Egges, and after mixt with the gravy, there cannot be a more better or pleasanter sawce: nay, if a man be at Sea in any long travels, he cannot eat a more wholesome and pleasant meat then these whole Grits boyl'd in water till they burst, and then mixt with butter, and so eaten with spoons, which although Seamen call simply by the name of Loblolly, yet there is not any meat, how significant soever the name be, that is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoever to which a man can use or imploy Rice, but with the same seasoning and order you may imploy the whole greet of Oatmeale, and have full as good and wholesome meat, and as well tasted; so that I may well knit up this chapter with this approbation of Oat-meal, that the little charge and great benefit considered, it is the very Crowne of the Housewives garland, and doth more grace her table and her knowledge, then all grains whatsoever; neither indeed can any Family or Household be wel and thriffully maintained, where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oat-meale.

CHAR. VIII.

Of the office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.

WHEN our *English House-wife* knows how to preserve health by wholesome Physicke, to nourish by good meate, and to cloath the body with warm garments, she must not then by any means be ignorant in the provision of bread and drinke; shee must know both the proportions and compositions of the same. And for as much as drinke is in every house more generally spent then bread, being indeed (but how well I know that) made the very substance of all entertainment; I will first begin with it, and therefore you shall know that generally our Kingdome hath but two kinds of drinks, that is to say, Beer and Ale, but particularly foure, as beer, Ale, Perry and Cider; and to these we may adde two more, Meed and Metheglin, two compound drinks of Hony and Hearbs which in the places where they are made, as in *Wales* and the marches, are reckoned for exceeding wholesome and cordiall.

Divers fities of Drinks.

To speak then of Beere, although there be divers kinds of Strong beere, tafts and strength thereof, according to the allowance of Malt, hopps and age given unto the same; yet indeed there can be truly said to be but two kinds thereof, namely, ordinary beer, and March beer, all other beeres being derived from them.

Touching ordinary beer, which is that wherewith either Of ordinary Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere, it is meet first that our *English House-wife* respect the proportion or allowance of Malt due to the same, which amongst the best *Husbands*, is thought most convenient; and it is held, that to draw from one quarter of good malt three hogsheads of beer, is the best ordinary proportion that can be allowed, and having age and good caske to ly in, it will be strong enough for any good mans drinking.

Now for the brewing of ordinary beere, your malt being Of brewing well ordinary beere;

well ground, and put in your mash-fat, and your liquor in your lead ready to boyle, you shall then by little and little with scoopes or pailles put the boyling liquor to the malt, and then stir it even to the bottom exceedingly well together, which is called the mashing of the malt, then the liquor swimming in the top cover all over with more malt; and so let it stand an houre and more in the mash-fat, during which space you may if you please heat more liquor in your lead for your second or smal drink, this done, pluck up your mashing froam, and let the first liquor runn gently from the malt, either in a cleane trough, or other vessels prepared for the purpose, and then stopping the mash fat againe, put the second liquor to the malt, and stir it well together; then your Lead being empeled, put your first liquor or wort therein, and then to every quarter of malt, put a pound and a halfe of the best hops you can get, and boile them an houre together, till taking up a dishful thereof, you see the hops sinking into the bottom of the dish; this done, put the wort thorow a strait Sive which may drain the hops from it into your cooler, which standing over the Guil-fat, you shall in the bottom thereof set a great bowl with your barm, and some of the first wort (before the hoppes come into it mixt together) that it may rise therein, and then let your wort drop or runne gently into the dish with the barm which stands in the Guil-fat, and this you shall doe the first day of your brewing, letting your cooler drop at the night following, and some part of the next morning, and as it drops if you find that a black skum or mottier riseth upon the barm, you shall with your hand take it off, and cast it away, then nothing being left in the cooler, and the Beer wel risen, with your hand stir it about, and so let it stand an houre after, and then beating it and the barme exceedingly well together, tun it up into the Hogheads, being cleane wash'd and scalded, and so let it purge: and herein you shall observe not to tun your vessels too full, for fear thereby it purge too much of the barm away: when it hath purged a day and a night, you shall close up the bung-holes with Clay, and only for a day or two after keep a vent-hole in it, and afterwards close it up as fast as may be. Now for your second or small drinke

drink which are left upon the graine, you shall suffer it there to stay but an hour, or a little better, and then drain it all off also; which done, put it into the Lead with the former Hops, and boyl the other also, then clear it up from the Hoppes and cover it very close, till your first Beere be tunned, and then, as before, put it also to barm, and so tunne it up also in smaller vessels, and of this second beer you shall not draw above one Hoghead to three of the better. Now there be divers other ways, and observations, for the brewing of ordinary beer; but none so good, so easie, so ready and quickly performed, as this before shewed; neither will any beer last longer, or ripen sooner, for it may be drunk at a fortnights age and will last as long and lively.

Now for the brewing of the best March Beere, you shall allow to a Hoghead thereof, a quarter of the best Malt well ground; then you shall take a Peck of Pease, half a peck of Wheat, and half a peck of Oats, and grinde them all very well together, and then mixe them with your Malt; which done, you shall in all points brew this beer as you did the former ordinary Beer; only you shall allow a pound and a half of Hops to this one Hoghead: and whereas before you drew but two sorts of beer, so now you shall draw three; that is, a Hoghead of the best, and a Hoghead of the second, and half a Hoghead of smal beer, without any augmentation of Hops or Malt.

Of brewing
the best march
beere.

This March beer would be brewed in the months of *March* or *April* and should (if it have right) have a whole year to ripen in: it will last two, three or four years, if it lie cool, and endure the drawing to the last drop, though with never so much leisure.

Now for the brewing of strong Ale, because it is drink of no such long lasting as beer is, therefore you shall brew lesse quantity at a time thereof, as two bushels of Northern measure (which is four bushels, or half a quarter in the South) at a brewing and not above, which will make fourteen gallons of the best Ale. Now for the mashing and ordering of it in the mash fat, it will not differ any thing from that of
beer

of
brewing
strong
ale

Beer : as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to fourteene gallons of Ale a good copen ful of hops and no more, yet before you put in your hops, as soone as you take it from the graines you shall put it into a vessel, and change it, or blink it in this manner : put into the wort a handfull of Oak-boughes, and a pewter dish, and let them lye therein till the wort look a little paler than it did at the first, and then presently take out the dish and the leafs, and then boyl it a full houre with the hops, as afore said, and then cleane it, and set it in vessels to cool ; when it is milk-warne, having set your barm to rise with some sweet wort : then put all into the guile fat, and as soon as it riseth with a dish or bowl beat it in, and so keep it with continual beating aday and a night at least, and after run it. From this Ale you may also draw halfo much very good middle Ale, and a third part very good small Ale.

Brewing of
bottle Ale.

Touching the brewing of Bottle-Ale, it differeth nothing at all from Brewing of strong Ale, onely it must be drawne in a larger proportion, as at least twenty gallons of halfa quarter ; and when it comes to be changed, you shall blink it (as was before shewed) more by much then was the strong Ale, for it must be pretty and sharp, which giveth the life and quicknesse to the Ale : and when you run it, you shall put it into round bottles with narrow mouthes, and then stopping them close with cork set them in a cold Cellar up to the waist in sand, and be sure that the corks be fast tied in with strong pack-thread, for fear of rising out, or taking vent, which is the utter spoyl of the Ale.

Now for the small drink arising from this bottle-Ale, or any other Beer or Ale whatsoever, if you keep it after it is blinck'd and boyled in a close vessel, and then put it to barm every morning as you have occasion to use it, the drink will drink a great deal the fresher, and be much more lively in taste.

Of making
Perry or Cider.

As for the making of Perry and Cider, which are drinks much used in the West parts, and other Countries well storred with fruit in this Kingdome ; you shall know that
your

your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say: After your Pears and Apples are well pick'd from the stalks, rottenness, and all manner of other filth, you shall put them in the Presse-mill, which is made with a Mil-stone running round in a circle, under which you shall crush your Peares or Apples, and then straining them thorow a bag of hair-cloth run up the same (after it hath been a little settled) into Hogheads, Barrels, and other close vessels.

Now after you have prest all, you shall save that which is within the hair-cloth bag, and putting it into severall vessels, put a pretty quantity of Water thereunto, and after it hath stood aday or two, and hath been well stirred together, press it also over again, for this wil make a small Perry or Cider, and must be spent first. Now of your best Sider that which you make of your Summer or sweet fruit, you shall call Summer or sweet Sider, or Perry, and that you shall spend first also; and that which you make of the Winter, and hard fruit, you shall call Winter, and sower Cider, or Perry, and that you may spend last, for it will endure the longest.

Thus after our *English Housewife* is experienc'd in the brewing of these several drinks, she shall then looke into her Bake-house, and to the making of all sorts of bread, either for masters, servants, or hinds, and to the ordering and compounding of the meal for each several use. Of Baking.

To speak then first of meales for bread, they are either simple or compound; simple, as Wheat, and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheat and Barley mixt together; and of these the oldest meal is ever the best, and yeeldeth most, so it be sweet, and untainted; for the preservation whereof, it is meet that you cleanse your meale wel from the bran, and then keep it in sweet vessels. Ordering of Meale.

Now for the baking of bread of your simple meales, your best and principal bread is Manchet, which you shall bake in chets. Baking Man-

this manner: First your Meale being ground upon the black stones, if it be possible, which make the whitest flower, and boulded through the finest boulding cloath, you shall put it into a clean Kimmel, and opening the flower hollow in the midst, put into it of the best Ale barm, the quantity of three pints to a bushel of Meale, with some salt to season it with; then put in your liquor reasonable warm and knead it very wel together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with your feet tread it a good space together, then letting it lye an hour or thereabouts to swel, take it forth and mould it into Manchets round and flat, scotch them about the waste to give it leave to rise, and pricke it with your knife in the top, and so put it into the Oven, and bake it with a gentle heat.

To bake the best cheat bread, which is also simply of Wheat onely, you shall after your meal is drest and boulded through a more coorse boulder than was used for your Manchets, and put also into a clean tub, trough, or kimmel, take a sower leaven, that is, a piece of such like leaven saved from a former batch, and wel sild with salt; and so layd up to sower, and this sower leaven you shall break into small peeces into warm water, and then strain it, which done, make a deep hollowhole, as was before said in the midst of your flowre, and therein powre your strained liquor, then with your hand mixe some part of the flowre therewith, til the liquor be as thick as a Pancake batter, then cover it all over with meale, and so let it lye all that night, the next morning stirre it, and all the rest of the Meale wel together, and with a little more warm water, barm, and salt to season with it, bring it to a perfect leaven, stiffe and firme; then knead it, break it, and tread it, as was before sayd in the manchets, and so mould it up in reasonable bigge loaves, and then bake it with an indifferant good heat: and thus according to these two examples before shewed, you may bake leavened or unleavened bread whatsoever, whether it be simple corn, as wheat or rye of it self, or compound Grain, as Wheat & Rye, or Wheat and Barley,

Barley, or Rye and Barley, or any other mixt white Corn; onely because Rye is a little stronger Grain than Wheat, it shall be good for you to put your water a little hotter than you did to your Wheat.

For your brown bread, or bread for your hinde-servants, which is the coorsest bread for mans use, you shall take of Barley two bushels, of Pease two pecks, of Wheat or Rye a peck, a peck of Malt: these you shall grind all together, and dresse it through a Meale sieve: then putting it into a sower trough, set liquor on the fire, and when it boyls, let one put in the water, and another with a mash rudder stirre some of the flowre with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flowre, work it up into stiffe leaven, then mould it, and bake it into great loaves with a very strong heat; now if your trough be not sower enough to sower your leaven, then you shall either let it be longer in the trough, or else take the help of a sower leaven with your boyling water; for you must understand, that the hotter your liquor is, the lesse will the smel or rankness of the pease be perceived. And thus much for the baking of any kind of bread, which our *English House-wife* shall have occasion to use for the maintenance of her family.

As for the generall observations to be respected in the Brew-house, or Bake-house, they be these. First, that your brew house be seated in so convenient a part of the house, that the smoke may not annoy your other more private rooms; then that your furnace be made close and hollow for saving fuel, and with a vent for the passage of smoke, lest it taint your Liquor; then that you prefer a Copper before a Lead, next that your Mash-fat be ever nearest to your Lead, your cooler nearer your Mash-fat, and your Guil-fat under your Cooler, and adjoyning to them all several clean tubs to receive your Worts and Liquors: then in your Bake-house you shall have a fair boulting-house with large pipes to boulte Meale in, fair troughs to lay leaven in, and sweet safes to receive your bran; you shall have Boulters, Searfes, Ranges, and Meale-sieves of all sorts both fine and coorse; you shall

have his Tables to mould on, large Ovens to bake in, the
fables thereof rather of one part to infinite floors, than of many
beds, and the month made narrower, square, and easie to be
close covered: as for your peeces, cole-mines, manking, and
such like, though they be necessary, yet they are of such gene-
ral off they need no further relation. And thus much for a
full satisfaction to all the *Husband* and *Housewife* of this
Kingdoms, consisting Browning, fishing, and all whatsoever
else appertaining to either of their offices.

offers special berth to either of their offices.

The end of the English House-Wife.

FINIS.

and I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the above mentioned matter. I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the above mentioned matter. I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the above mentioned matter.

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